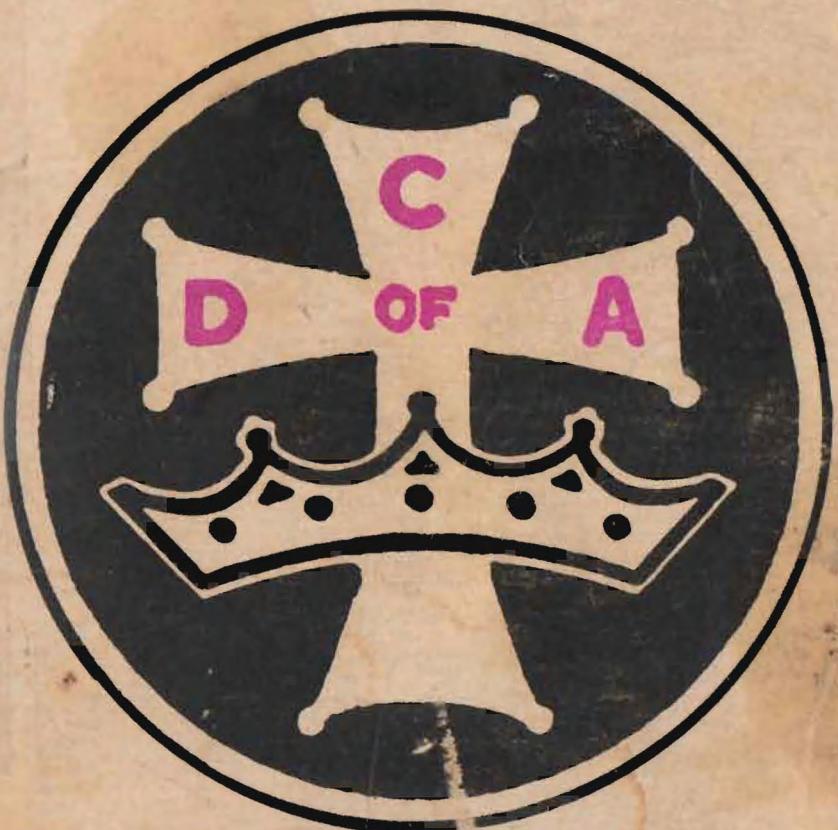


FAVORITE RECIPES

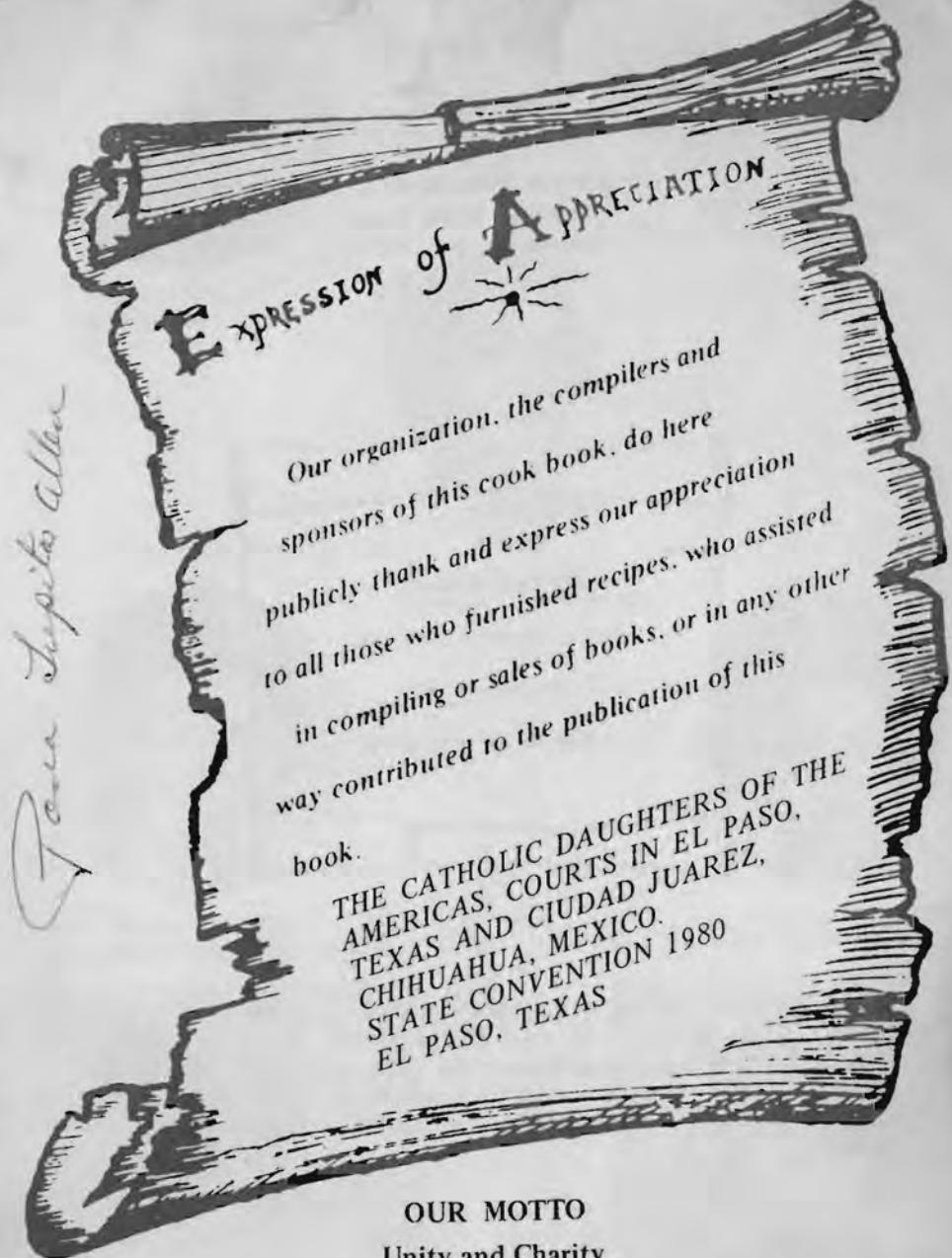
# COOK BOOK



EL PASO, TEXAS

COMPILED BY

CATHOLIC DAUGHTERS OF THE AMERICAS



**OUR MOTTO**  
**Unity and Charity**

Mrs. Catherine Castillo, Chairman  
Mrs. Louise Dooley, Co-Chairman

El Paso, Texas  
El Paso, Texas

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1980

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1979-1981



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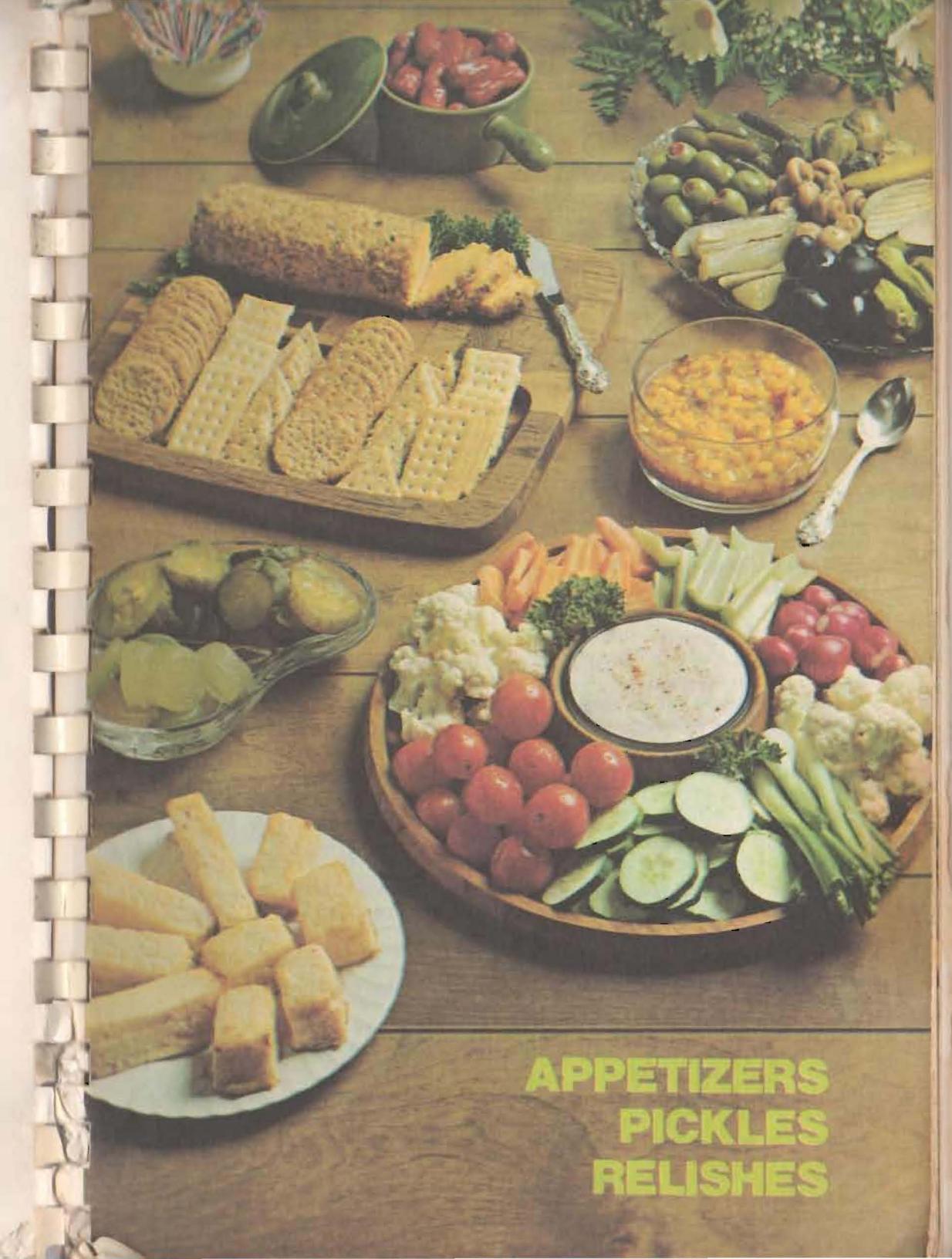
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**APPETIZERS  
PICKLES  
RELISHES**

A HANDY SPICE GUIDE  
TO MAKE YOU BECOME A SEASONED SEASONER

ALLSPICE....a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL....the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES....the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY....the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER....a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL....the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE....the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM....an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)....is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO....the leaf of a sage bush growing in Italy, Greece and Mexico. USES: An excellent flavoring for any tomato dish, especially Pizza, chili con carne, and Italian specialties.

PAPRIKA....a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY....the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY....an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE....the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME....the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC....a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

APPETIZERS, PICKLES, RELISHES

BLUE CHEESE DIP

Ms. Peggy Casteel

1/2 c. mayonnaise  
1 wedge Blue cheese  
1 small carton sour cream

1 tsp. minced onion  
1 piece minced garlic  
(garlic salt may be substituted)

Thin with buttermilk. Mix well.

BOURBON BITES

Polly Fogel  
Court #2017

3 lb. hot dogs  
1 c. brown sugar

1 c. bourbon  
1 c. chili sauce

Skin the hot dogs; cut into bite size pieces. Combine the remaining ingredients and pour over the hot dogs. Bake, covered, at 325° for 3 hours. Serve hot in a chafing dish. The flavor is better if made a day before needed.

CHEDDAR CHEESE BALLS

Louise Dooley

1/4 c. butter  
3/4 c. flour

6 oz. jar Old English sharp cheese

Blend butter and cheese. Work in flour. Form into 1 inch balls and refrigerate several hours. Just before serving bake in a 400° oven for 10 minutes. This can be made ahead and frozen. Thaw in refrigerator before baking. Serves 24.

CHEESE BALL

Ms. Ginger Piper

16 oz. cream cheese  
4 oz. Blue cheese

4 oz. sharp Cheddar cheese  
1 Tbsp. Worcestershire sauce

Let cheese soften. Put cheeses and Worcestershire sauce in a bowl and mix until fluffy. Chill for 8 hours. Form into a ball. Roll in parsley. Chill for 2 hours or until firm.

## CHEESE BALL

Ms. Laurencia Tinoco  
Court #1422

1/2 lb. Cheddar cheese  
1/4 lb. Blue cheese

8 oz. cream cheese  
Pecans and parsley (fresh or dried)

Grate all cheese and mix. Roll into ball. Coat with chopped nuts and chopped fresh parsley or dried parsley.

## CHEESE ROUND

1/2 lb. natural Cheddar cheese, finely grated  
1 (3 oz.) pkg. soft cream cheese  
3 Tbsp. sherry  
1/4 c. coarsely chopped pitted black olives

Several days ahead in large bowl with mixer at middle speed, thoroughly combine all ingredients, except beef. Shape into ball. Wrap in foil and refrigerate. Remove 30 minutes prior to serving and roll in chopped beef.

## CHICKEN LIVER SPREAD

1/2 lb. chicken livers  
1 small onion, chopped  
1/2 c. chicken broth  
1/2 tsp. paprika  
1/2 tsp. curry powder

Combine liver, onion in saucepan. Cook for 8 minutes. Pour mixture together with remaining ingredients into a blender jar. Beat at high speed until blended. Put in plastic covered container and refrigerate until ready to use. Serve on Melba toast, crackers, etc.

Peggy Casteel

1/2 tsp. Worcestershire sauce  
1 dash each onion, garlic and celery salt  
1/2 c. coarsely chopped dried beef

Louise Dooley  
Court #2017

1/2 tsp. salt  
1 tsp. Worcestershire sauce  
1/8 tsp. pepper  
1 (8 oz.) pkg. cream cheese, softened

## CHILE CHEESE ROLL

Cecilia S. Baeza  
Court #2017

1 large box Velveeta cheese

1 c. green chile sauce  
1 large pkg. cream cheese

## Chile Sauce:

1 can green chile  
Dash of garlic

1/2 onion, chopped  
Salt to taste

Let cheeses stand at room temperature for about 2 hours or until soft. On large sheet of waxed paper spread Velveeta cheese with hands until it is about 1/4 inch thick. Top with cream cheese. Pour chile sauce and spread on top of cream cheese and roll. Wrap waxed paper around cheese roll and refrigerate. Serve with tostadas.

Chile Sauce: Mix ingredients in blender and spread on cheese.

## CHILE CON QUESO

Sra. J. F. Delgado  
Court #1581

2 lb. queso Velveeta  
1 bote chile verde  
1 frasco de 2 oz. de pimientos, picado

1/2 cebolla mediana, picada  
3 chiles jalapenos de bote para aumentar el sabor, picados

Se redite el queso en bano maria. Se agrega la leche, y todos los demas ingredientes revolviendose bien. Se pone en un sarten con calor abajo para mantener caliente.

## CHILE CON QUESO DIP

Ms. Polly Fogel  
Court #2017

4 Tbsp. margarine  
2 lb. Velveeta cheese  
2 large onions  
Salt to taste

1 1/2 small cans peeled and chopped green chilies  
1 large can tomatoes, drained

Melt margarine in large skillet or saucepan. Add grated onion. Simmer 10 minutes. Add chopped chilies and well drained tomato pulp. Add cheese in small quantities until melted. Stir to prevent sticking. Serve hot or room temperature.

EASY CHILE CON QUESO DIP WITH CHEDDAR CHEESE SOUP

K. Castillo  
cda ct. #2017

8 oz. can diced chiles  
or use fresh chiles,  
roasted, peeled, diced  
1/4-1/2 chopped onion

Small can tomatoes, chopped  
(can use fresh)  
1 can Cheddar cheese soup

Saute the chopped tomatoes and onion and chile if using fresh chile. If using canned chiles add chile when onions are transparent. Add the Cheddar cheese soup; do not dilute. Stir to smooth consistency. Serve.

ESCABECHE CASA DEL SOL  
(Mexican Pickled Vegetables)

Rosie Lunsford

12 garlic cloves  
1 medium onion, cut  
into wedges  
3/4 c. olive oil  
4 carrots, thinly sliced  
1 tsp. whole peppercorns  
1 1/2 c. white vinegar  
3 1/2 oz. pickled jalapeno  
chilies

Liquid from chilies  
3 Tbsp. salt  
1 head cauliflower (flowerets)  
12 small bay leaves  
3 zucchini, thinly sliced  
3/4 tsp. thyme  
3/4 tsp. oregano  
3/4 tsp. marjoram

Saute in a Dutch oven garlic cloves, peeled, and the onion in olive oil for 3 minutes. Add the carrots, peeled, and the peppercorns and saute mixture for 5 minutes. Add white vinegar and simmer mixture, covered, for 3 minutes. Drain the pickled chilies and reserve the liquid. Add 2 cups water and the liquid from the chilies to the vegetables. Cover the pot and bring the liquid to a boil. Add salt and flowerets and cook the mixture, covered, over moderate heat for 12 minutes. Add the bay leaves, zucchini, chilies, sliced, and the thyme, oregano and marjoram and simmer the mixture, covered, for 2 minutes. Let the escabeche cool, covered, and store it, covered, in the refrigerator. It will keep for 2 weeks. Serve the escabeche cold as a first course. Makes 8 cups.

GARLIC CHEESE ROLL

Sue Hartman

1 lb. Velveeta cheese  
2 cloves garlic  
1 Tbsp. chopped chives  
or green onion

3 oz. cream cheese  
1/2 c. chopped pecans or  
walnuts  
1 Tbsp. mayonnaise

Mix together by hand. Roll in chile powder, paprika, chopped nuts or parsley. Serve on crackers. Makes 2 rolls. Can be frozen.

JAMON ROSADO

Lourdes Orozco T.  
C. Juarez Club

1 Lata jamon del diablo  
1 Paquetito de queso  
crema

1/3 Taza salsa casup  
1 Cucharadita de cebolla  
finamente picada

Se baten los ingredientes hasta que queden bien incorporados y esponjados, se ponen en una fuente y se adornan alrededor con hojuelas de papas fritas.

LEMON-GARLIC SHRIMP

Louise Dooley

1 lb. medium size shrimp  
2 Tbsp. butter  
2 cloves garlic

Salt and pepper to taste  
Lemon juice  
Parsley

Clean and devein shrimp. Melt butter or margarine in a wide frying pan over medium heat. Add garlic cloves and cook, stirring, until garlic is soft. Add the shrimp and cook, stirring, until shrimp turn pink and meat is opaque throughout, about 3 minutes. Add 2 tablespoons lemon juice and season with salt and pepper. Serve at room temperature. Sprinkle with parsley just before serving. Makes about 30 shrimp appetizers.

ORIENTAL CHICKEN WINGS

Jeanne Stillman

2 pkg. chicken wings  
1/2 c. honey

1/4 c. soy sauce  
1 tsp. ginger

Wash and wipe dry the chicken wings and place them

in a shallow baking pan. Mix the honey, soy sauce and ginger together and spread over the chicken wings, coating each piece well. Bake in a moderate oven (350°) for 45 minutes, covered.

#### OYSTERS BURTON

1 doz. raw oysters	1 egg
1 bay leaf	1/2 c. milk
Dash of Worcestershire sauce	2 c. fine bread crumbs
4 slices uncooked bacon	1 c. oil
1 c. flour	Salt and pepper to taste

Leave oysters in juice with bay leaf and Worcester-shire sauce. Cut bacon into halves. Wrap each oyster with bacon and hold together with toothpicks. Roll in flour and dip in egg and milk then roll in bread crumbs. Deep fry at 325° about 5 minutes. Serves 4-6.

#### POLYNESIAN MEAT BALLS IN SWEET-AND-SOUR SAUCE

Polly Fogel  
Court #2017

##### Meat Balls:

1 1/4 lb. ground beef	1/2 tsp. onion salt
5 1/2 oz. pork sausage	1/2 tsp. garlic salt
1/4 c. chopped water chestnuts	3/4 c. uncooked oatmeal
1 Tbsp. Worcestershire sauce	1/2 c. milk
	4 drops Tabasco sauce
	2 Tbsp. butter

##### Sauce:

1 c. sugar	1/2 tsp. salt
3/4 c. vinegar	3/4 c. water
1 tsp. paprika	2 tsp. cornstarch

1. Mix together all meat ball ingredients, except the butter. Form into bite size balls. 2. Melt butter in a large, shallow roasting pan. Add meat balls and brown for about 20 minutes in a 350° oven. Remove meat balls from pan and drain. 3. To make the sauce, combine sugar, vinegar,

paprika and salt in a saucepan. Bring the mixture to a boil and then thicken with water and cornstarch, which have been mixed in a separate bowl. Reduce heat and simmer for 3-5 minutes. Pour sauce over meat balls. Makes about 5 dozen. (May be frozen and mixed with sauce at serving time.)

#### RAW VEGETABLE DIP

1 c. mayonnaise	1 tsp. grated onion
1 tsp. curry powder	1 tsp. garlic salt or powder
1 tsp. vinegar	

Mix, chill and serve with raw carrots, celery, cauliflower, etc.

#### SALMON-CHEESE PATE

Louise Dooley  
Court #2017

1 (7 3/4 oz.) can salmon	2 Tbsp. chopped parsley
1 (8 oz.) pkg. cream cheese, softened at room temperature	1 Tbsp. lemon juice
1/4 c. crumbled Blue cheese	1/2 tsp. anchovy paste
1 Tbsp. grated onion	1/4 tsp. pepper
	1 tsp. Worcestershire sauce
	Dash of garlic powder
	Springs of parsley for garnish

Drain salmon. Blend cheeses with salmon and seasonings until smooth. Mold into small bowl lined with plastic wrap. Chill several hours. Unmold to serve, garnishing with sprigs of parsley. Serve with crackers, toast rounds or thinly sliced rye bread. Makes about 2 cups pate.

#### SHRIMP CHEESE TURNOVERS

Helen Ward  
Court #2017

1/2 c. butter	1 c. flour
1 (3 oz.) pkg. cream cheese	1 (5 oz.) jar pimento cheese
1 (4 1/2 oz.) can shrimp	spread

Cut butter and cream cheese into flour until mixture resembles coarse crumbs. Gather dough into balls; chill for

1 hour. Roll 1 inch thick on floured cloth. Cut 2 inch rounds. Dot rounds with cheese spread and cut up shrimp pieces. Fold over into half circle and seal. Bake on ungreased cookie sheet at 375° for 15 minutes.

#### SHRIMP DIP

Ms. Magda Mireles  
Court #1581

1 (4 1/2 oz.) can shrimp, drained	1 tsp. minced onion
2 Tbsp. mayonnaise	1 tsp. minced garlic
3 Tbsp. catsup	Paprika or parsley (optional)
Juice of 1 lemon	Crackers

Dice shrimp until fine. Combine mayonnaise, catsup, lemon juice, onions and garlic. Sprinkle with paprika. Dip with parsley, if desired. Serve with crackers.

#### SHRIMP MOLD

Sue Hartman

1 can tomato soup	1 pkg. unflavored gelatin
1/4 c. cold water	8 oz. cream cheese
1 c. mayonnaise	1 can crabmeat
1 can small shrimp	1/2 c. chopped onions
1/2 c. chopped celery	1/2 c. chopped green pepper

Heat soup to boiling. Dissolve gelatin in cold water and add to soup. Mix cheese and mayonnaise; add to soup. Beat with rotary beater. Add remaining ingredients. Pour into molds and refrigerate. Unmold and serve with Ritz crackers. Serves 20-30.

#### SWEET-SOUR COCKTAIL WIENERS

Mrs. James Kemp

1 (6 oz.) jar (1/4 c.) mustard	1 lb. frankfurters (canned Viennas or cocktail wieners)
1/2 (10 oz.) jar (1 c.) currants) jelly	

Mix mustard and jelly in chafing dish or double boiler. Diagonally slice franks into bite size pieces. Cut Viennas or cocktail wieners into halves. Add to sauce and heat.

#### STUFFED MUSHROOMS

Mrs. A. Saranello  
Court #2017

1 lb. mushrooms	Salt, pepper and Accent to taste
Cooking oil	1 tsp. oregano
1/2 stick butter	1/4 c. Parmesan cheese
1 onion, chopped fine	1 raw egg
2 cloves garlic	Chopped parsley
1/2 c. sherry wine	

Separate heads from stems of mushrooms. Wash only when ready to use. Saute in a small amount of oil the heads of the mushrooms, 3 or 4 minutes. Remove from pan. Add 1/2 stick butter to same pan and saute the onion, garlic, parsley for 5 minutes. Add mushroom stems, chopped. Season with salt, pepper and Accent to taste. Add 1 teaspoon oregano and saute for another 5 minutes. Add 1/2 cup sherry wine and reduce to a paste. Remove from fire and add 1/4 cup Parmesan cheese and 1 raw egg. Mix well and let cool. When cool you may need to correct the seasoning or correct the consistency. If necessary add a tablespoon or two of plain bread crumbs if too loose. Form a small ball of stuffing and put on top of mushroom and place in pie tins. Bake at 400°-425° for 10-15 minutes. Can put an ounce of wine on bottom of pan.

Option: Could add 1/2 pound hamburger for stuffing.



BEVERAGES  
& MISCELLANEOUS



# FOOD QUANTITIES FOR SERVING 25, 50 and 100 PERSONS AT PICNIC

*Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook.*

FOOD	25	50	100
	SERVINGS	SERVINGS	SERVINGS
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1½ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4½ quarts	2½ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1½ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1½ gallons	2½ gallons
Jello Salad	¾ gallon	1½ gallons	2½ gallons
Ice Cream:			
Brick	3½ quarts	6½ quarts	12½ quarts
Bulk	2½ quarts	4½ quarts or 1½ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37½ pounds 1 10x12" sheet	75 pounds 1 12x20" sheet	150 pounds 2 12x20" sheet
Cake	cake	cake	cakes
	1½ 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints

## BEVERAGES AND MISCELLANEOUS

### AFTER DINNER COFFEE

Polly Fogel  
#2017

1 pot (9 c.) strong black coffee  
3 shots kahlua

Mix together. Top each cup with Cool Whip or whipped cream.

### AGUACATES RELLENOS

Gloria B. Benavente G.

8 aguacates medianos  
1 taza de mayonesa  
preparada  
2 cucharas de crema fresca  
(sour cream)  
2 huevos cocidos y pelados  
Unas aceitunas negras  
para adornar  
Hojas de lechuga para  
adornar  
Sal y pimienta la necesaria

2 pechugas de pollo  
codias y demenuzadas  
1 cucharadita de cebolla  
picadita  
Unas hojas de lechuga para  
adornar  
Rabanitos cortados en  
forma de flor para  
adornar

Los aguacates ya pelados, se parten a la mitad, se les quita el hueso y se banan con limón. En una fuente se mezcla el pollo con la mayonesa, la cebolla, la crema, la sal y la clara del huevo finamente picada, se incorpora todo y se llenan los aguacates, se adornan poniéndoles encima la yema tamizada y alrededor las hojas de lechuga, rabanitos y aceitunas.

### AGUACATE SAUCE (Hot or Mild to Taste)

Ms. Madga Mireles  
Court #1581

4 big aguacates or 5  
small  
1/2 c. chile sauce  
1/2 c. mayonnaise  
Salt (to taste)

Peel aguacates; add mayonnaise and add chile sauce.  
Mix until smooth. Cover with lettuce leaf. Keep in refrigerator until ready to serve.

## ALL-GO BREAKFAST DRINK

#2017

- |                  |                              |
|------------------|------------------------------|
| 1 c. milk        | 2 Tbsp. maple syrup or honey |
| 1 c. corn flakes | 1 c. orange juice            |
|                  | 1 egg                        |

Combine all ingredients in blender. Blend until thoroughly mixed, about 1 minute.

## ARROZ AL HORNO

Sonia Pastrana

- |                       |                           |
|-----------------------|---------------------------|
| 1 Taza de arroz crudo | 1 Lata de sopa de cebolla |
|                       | 1 Lata de champinones     |

En el fondo de un refractario se ponen unos trozos de mantequilla, se pone el arroz encima se cubre con el líquido de las latas y se vierten los champinones que estarán escurridos, tapese el refractario se pone el horno a 350 y se cocina el arroz por espacio de 50 a 60 mins.

## ARROZ A LA CUBANA

Gloria Bertha Benavente G.

- |   |  |
|---|--|
| 2 tazas de arroz  | 1 pollo partido en raciones                |
| 3 pimientos frescos,<br>verdes o rojos<br>partidos en rajas | 1 cucharada de cebolla<br>finamente picada |
| Un poco mas de aceite<br>para freir.<br>el pollo            | 2 cucharadas de aceite de<br>olivo         |
|   | Un poquito de azafrán deliudo<br>en agua   |
|   | Sal y pimiento al gusto                    |

El pollo ya limpio y partido se dora en el aceite caliente, y en la grasa que sobre se frie el arroz, previamente lavado; luego se agrega la cebolla para que se acitrone, después el azafrán, con el agua en que se remojo. Se acomodan las raciones del pollo, las rajas de pimientos y una poca mas de agua caliente. Se tapa y se deja hervir a fuego lento hasta que este cocido el arroz y el pollo.

El pollo debe ser tierno para que termine de cocerse al mismo tiempo - que el arroz.

Si los pimientos no son frescos se pondrán al momento de servirse.

## ARROZ CON CHAMPINONES

Ma. Socorro V.de Trevizo

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| 2 tazas de arroz cocido              | 2 cucharadas de sopa de            |
| 1/2 taza de champinones<br>rebanados | en media taza de agua              |
| 1 cucharada de mantequilla           | en media taza de agua<br>hirviendo |

Mezcle todo y horneelo a 175° C , durante media hora.

## ARROZ CON VERDURAS

Tity P. de Lopez

- |                       |                      |
|-----------------------|----------------------|
| 2 tazas de arroz      | Cebolla al gusto     |
| 1/2 Lata de chicharos | Aceite para freir el |
| 1 papa mediana        | necesario            |
| 1 zanahoria           | Sal y agua           |

Se lava el arroz al chorro de agua. Se escurre y se frie en aceite muy caliente hasta que este cristalino. Se le agrega la cebolla molida en agua fría y condimenta con la sal. Se le exprime un limón. Aparte la verduras se lavan bien y se ponen a cocer en agua hirviendo! Cuando ya están se parten en cuadritos y se ponen en el arroz y se deja al fuego hasta que ya este cocido.

## BARBEQUE SAUCE

Lucia Flynn

- |                   |                  |
|-------------------|------------------|
| 1 env. onion soup | 1 1/2 c. water   |
| 1/2 c. vinegar    | 1/4 c. margarine |
| 1/4 c. sugar      | 2 Tbsp. mustard  |
| 2 tsp. salt       | 1 tsp. pepper    |
| 1 c. catsup       |                  |

Simmer for 10 minutes and add 1 cup catsup. Keep in refrigerator.

## BARBECUE SAUCE

Emma Lawrence  
Court #1731

- |                  |                        |
|------------------|------------------------|
| 1/2 c. salad oil | 1/2 c. brown sugar     |
| 1/2 c. vinegar   | 2 Tbsp. dry mustard    |
| 1 c. water       | 12 small red peppers   |
| 1 tsp. pepper    | 3 thin slices of lemon |
| 1 tsp. salt      | 3 onions, diced        |
|                  | 1 1/2 c. catsup        |

Simmer ingredients except catsup for about 15 minutes. Add catsup. Use on barbecued chicken.

#### BREAKFAST PUFFS

1/3 c. butter	1 1/2 tsp. baking powder
1/2 c. sugar	1/2 tsp. salt
1 egg	1/4 tsp. nutmeg
1 1/2 c. flour	1/2 c. milk

Mix together first 3 ingredients. Add flour mixture alternately with milk. Fill greased muffin tins 2/3 full. Bake at 350° for 20 minutes. Remove from tins and roll in the following topping.

#### Topping:

2 Tbsp. melted butter	1 tsp. cinnamon
1/2 c. sugar	

Combine ingredients. Roll puffs in topping and serve hot.

#### CABELLOS DE ANGEL

1 Chilacayote.	Agua de cal ligera.
1 Kilo 7 1/2 de azucar.	1 rama de canela.
5 clavos.	

Se parte el chilacayote y se desflema, poniendole en agua de cal suelta, durante doce horas. Luego se saca, se lava muy bien y se pone a hervir en agua simple. Cuando esta cocido se escuerre, se deja enfriar y se deshebra, poniendolo en una miel concentrada que se hace con el azucar, la canela y los clavos. Se deja hervir hasta que azucara, sin dejar de moverlo. Cuando esta listo se saca de la miel, a enfriar en una rejilla.

Louise Dooley

#### CAZUELA DE PAPA Y CARNE

Teresa B. Vd. de Santillan  
(Para 6 Personas)

1 Kilo de aguayon de res, cortado en trozos	3 Tazas de buen consome de res
6 Papas peladas y cortadas en rebanadas gruesas	Sal y pimienta
12 Ciruelas pasas	Harina
4 Cebollas en rebanadas gruesas	Aceite
	Perejil picado

Se combina la harina con sal y pimienta al gusto y con esta mezcla se embarsa bien la carne. Se frie la carne en aceite hasta quedar dorada ligeramente, se coloca en una cacerola con tapa. Se agrega el caldo y se cuece tapado a fuego lento durante 1 hora o mas, hasta que la carne esta tierna.

A parte se hierven las papas hasta quedar apenas suaves. Tambien se hierven las ciruelas durante 5 minutos. Cuando la carne esta lista se le agregan las ciruelas y las papas. Se calienta todo junto durante - 10 minutos y se sirve espolvoreado con perejil.

#### CAZUELITAS MEXICANAS

Carmen Grajeda

1/2 kilogramo de masa.	2 manojo de rabanitos.
125 gramos de queso anejo.	10 tomates verdes.
150 gramos de frijoles refritos.	1 chile serrano.
3 aguacates.	1 ramita de cilantro.
	250 gramos de mantequilla.

La masa se muele con el queso y la sal, dejandose reposar 2 horas y formando las cazuelitas, procurando que queden honditas. Se frien en manteca, se rellenan con frijoles refritos y se adornan con guacamole en piramide. Se colocan en un plato adornandolas con florecitas de rabano y se sirven calientes. El guacamole se hace cociendo los tomates, moliendolos con la cebolla, chile, cilantro y mezclando los aguacates con una cuchara de madera, sazonandose con la sal y pimienta.

## CHILI JELLY

1/2 c. hot pepper  
1/2 c. Bell pepper  
1 bottle Certo

## Vera Gumper

1 1/2 c. apple cider vinegar  
6 1/2 c. sugar  
Red or green food coloring

Wash and seed peppers and chop into small pieces. Add the apple cider vinegar and blend together in an electric blender. Add the sugar to the blended mixture. Boil 8 minutes, stirring constantly. Remove from heat and let stand 10 minutes. Add 1 bottle of Certo and food coloring (red or green). Remove the scum that has accumulated while boiling. Pour into jelly glasses and seal.

## CHOW-CHOW

Ms. Dolores Lara  
Court #1581

25 green tomatoes  
6 long green chiles  
2 bell peppers  
1 large onion

1 1/2 c. apple cider vinegar  
1 c. sugar  
1 tsp. salt  
1/4 tsp. black pepper  
1 tsp. pickling spices

Clean and quarter tomatoes. Cut chiles lengthwise. Slice onion and separate into rings. Mix vinegar, sugar, salt, black pepper and pickling spices. Add to vegetables and cook. Boil 5 minutes, exactly.

## CHOCOLATE COVERED STRAWBERRIES

Mrs. Jerry Robinson

1 pt. fresh strawberries  
3 Tbsp. butter, softened  
3 Tbsp. light corn syrup  
Dash of salt

2 c. sifted powdered sugar  
2 (12 oz.) pkg. milk chocolate morsels

Wash strawberries; remove stems, if desired. Drain well. Dry on absorbent paper towels. Combine butter, corn syrup and salt, blending well. Stir in powdered sugar. Knead sugar mixture until smooth. Chill about 30 minutes. Shape a small amount of sugar mixture around each strawberry. Place on waxed paper; chill until firm. Melt chocolate over low heat. Dip each berry into chocolate. Place on waxed paper; chill. Store in cool place. Yield: 1 pint.

## COCADA

1/4 kilo de coco rallado  
300 gramos de azucar  
1/2 litro de leche

Antonieta M. De Esquinca  
4 yemas  
1 raja de canela  
30 gramos de mantequilla

Se pone al fuego 1-1/8 de litro de agua el azu car la canela cundo suelta el hervor se pone el coco, cuando el coco se vea transparente se agregan las yemas disueltas en leche, se deja hervir sin dejar de moverse hasta que comien za a verse el fondo del cazo, se retira, se vacia a un platon refractario o en pequenos individuales, cuando se enfria se le ponela mantequilla en trocitos y se mete al horno a que dore.

## COCKTAIL DE MANGO

Sra. J. F. Delgado  
#1581

2 mangos  
1 egg  
1/2 cucharadita de canela en polvo

4 cucharaditas de azucar  
1 bote leche de el aguila  
6 cerezas

Se les quita la cascara a los mongos y la pulpa se pone en la liguadores se le agrega el hielo, el hueco, las canela, y la leche del aguila. Se sirve con ua fresa de adorno.

## CORN RELISH

Peggy Casteel

5 or 6 fresh corn  
3 c. ripe tomatoes  
1 1/2 c. chopped green pepper

3/4 c. chopped red pepper  
1 c. chopped, unpeeled cucumber  
1 c. chopped onion

## Pickling Solution:

1 c. sugar  
1 pt. vinegar  
1 Tbsp. salt

1 tsp. celery seed  
1 tsp. mustard seed

Wash and drain vegetables. Cut corn from cob. Scrape cobs to get all of milk from kernels. Combine with all other vegetables prepared in a large pot. Mix pickling solution separately; pour over vegetables. Simmer 1 hour. Put in jars; seal while hot to pressure. Makes 6 pints.

**CRANAPPLE PUNCH**

1 qt. club soda  
2 qt. cranapple juice

1 (6 oz.) can undiluted concentrated lemonade

Add the 1 quart club soda to the 2 quarts cranapple juice and also add the 6 ounce can frozen lemonade. Chill and serve iced.

Variation: Combine 12 cups chilled cranapple juice, 2 fifths vodka, 2 cups orange juice, 2/3 cup lemon juice and 1/2 cup sugar. Just before serving, add 3 1/2 cups club soda, ice and enjoy.

**CRANBANA COCKTAIL**

2 ripe bananas, cut into 1 inch pieces  
1 c. orange juice, chilled

4 c. cranberry apple drink  
1/2 c. heavy cream  
Crushed ice

Blend bananas and orange juice until smooth. Pour into a tall pitcher and stir in cranberry apple drink and cream. Serve over ice.

**CREMA DE CIRUELAS**

1/2 litro de leche  
1 sobre de gelatina sin sabor  
250 grs. de ciruelas pasas  
1/2 litro de agua  
El jugo de dos naranjas  
Azucar la necesaria para endulzar la leche

3 yemas de huevo fresco  
1/4 de litro de creme dulce  
250 gramos de azucar granulada  
1 cucharada de extracto de vainilla  
Un pedacito de cascara de naranja

Se pone al fuego la leche hasta que hierva, se endulza al gusto y se le pone la cascara de naranja, se deja hervir unos 10 minutos y se retira un poco del fuego entonces se le agregan la yemas previamente batidas y de poquito en poquito sin dejar de menear; ya que se incorporan todas se vuelve al fuego pero muy suave y

Sandra Brinson  
Court #2017

Cecilia B. de Salazar.

Sandra Brinson  
Court #2017

moviendo constantemente, dejandose hervir unos 10 minutos mas para que espese un poco, aparte se disuelve la gelatina en una poca de leche hirviendo, esta se mezcla, con la otra leche, se revuelve y se anade la crema y la vainilla se bate un poco y se vacia en un molde de corona. Se mete al refrigerador y se deja cuajar. Al dia siguiente se vacia y se cubre con la siguiente salsa: Hierva las ciruelas en poca agua, deshuesales y agregueles el azucar y\* El jugo de naranja, hasta hacerse una mermelada, se deja enfriar y se vierte sobre el molde de la gelatina.

**DIVINITY**

E. Lawrence

1 pkg. frosting mix	1/3 c. Karo syrup
1 tsp. vanilla	1 c. chopped nuts
1/2 c. hot water	1 c. powdered sugar

Mix frosting mix with hot water and Karo syrup. Whip until thick. Add vanilla, powdered sugar and nuts. Spoon onto waxed paper.

**DULCE DE CAMOTE**

Ana Maria Ochoterena.

2 Huevos	1 Barrita de margarina derretida
1 Taza de azucar	2 Cucharaditas de vainilla
1 1/2 taza de leche clavel	1/4 cucharadita de sal
	2 Tazas de camote rallado

Se revuelve todo y en un traste refractario se unta la margarina, se vacia y se cuece por 35 min. a una temperatura de 325° F.

**DULCE DE MALVAVISCOS  
(Bombones)**

Vicenta Benavente G.

2 1/2 tazas de azucar granulada.	1 taza de malvavisco (bombones)
1/4 taza de mantequilla	1 1/2 tazas de chocolate amargo partido en pedacitos.
3/4 taza de leche evaporada	

Se mezcla la mantequilla con el azucar, la leche y los malvaviscos y se ponen a hervir en baño de María

moviendolos constantemente--despues de cinco minutos se agrega el chocolate y se sigue batiendo hasta que se desprenda del a cazo. Se retira del fuego y se extiende en un platon o molde cuadrado poniendole abajo un papel encerado; ya frio se parte en cuadritos.

#### DULCE DE TAPIOCA

2 1/2 tazas de leche  
Una pizca de sal  
2 yemas de huevo fresco.  
1 clara de huevo batida  
a punto de turron.

Se pone la leche en una cacerola en bano de Maria, con la tapioca y el azucar blanca, dejandose hervir unos 10 minutos hasta que espese- y este bien cocida, luego se le agrega la miel y las yemas previamente batidas y moviendola- rapidamente para que no se pegue.

Se retira del fuego y se sigue batiendo hasta que este casi frio, entonces se le agrega la clara batida y la rayadura mezclandolo todo-y se vacia en un platon refractario y espolvoreandolo con canela molida.

#### EASY PEANUT BRITTLE

4 c. white sugar  
2 c. white Karo syrup  
1/2 stick oleo  
2 tsp. salt

Boil to soft ball stage the sugar, water and Karo syrup. Add peanuts and cook to hard crack stage. Stir constantly. Add oleo; stir until melted. Take off heat and add soda and salt; mix well. Spread on heavy foil as thin as you can. Cool well and break into pieces.

#### EASY PUNCH

1 bottle Hawaiian Punch  
concentrate

#### Vicenta Benavente G.

1 cucharada de azucar  
1/2 taza de miel de abeja.  
1/2 cucharada de rayadura  
de limon.  
3 cucharadas de tapioca.

Break sherbet into small pieces in large punch bowl. Pour Hawaiian Punch over sherbet. Add 1 bottle of water (same size as punch concentrate) and ginger ale. Stir and serve.

#### EGG PUNCH

Brandy to taste	2 Tbsp. sugar
2 egg yolks and whites, separated	1/2 tsp. nutmeg
1 1/2 c. hot milk	1 tsp. cinnamon

Heat milk. Separate eggs and put in Osterizer. Beat well. Add the egg whites; beat until stiff. Add the hot milk, sugar, nutmeg and cinnamon. Beat all the ingredients together. Serves 2 or 3.

#### ENGLISH TOFFEE

1 c. sugar	3 Tbsp. water
1/2 lb. butter	1 tsp. vanilla

Topping: Use 1 (12 ounce) package chocolate kisses.

Cook sugar, butter and water to hard crack (300°). Add vanilla. Pour onto well greased cookie sheet. Cool.

Topping: Melt 1 package chocolate kisses. Pour on top of toffee and press in chopped pecans. Cool.

#### FLAVORED MILKSHAKE

2 Tbsp. cherry flavor drink mix	1 1/2 c. milk
	1/2 c. vanilla ice cream

Combine all ingredients in electric blender. Blend about 1 minute or until smooth and frothy.

Mrs. Delgado

1/2 gal. pineapple sherbet  
2 qt. ginger ale

## FONDANT

2 claras de huevo batidas  
a punto de turron.

Ma. Socorro V. de Trevizo

Azucar glass, la necesaria.  
Unas gotas de extracto de  
almendra.

A las claras ya batidas se les va poniendo el azucar,  
sin dejar de batir, hasta que se forme una pasta suave. Se  
le pone el extracto de almendras, se revuelve-y se tapa con  
un lienzo humedo, mientras se esta usando, pues se seca  
rápidamente. Si se quiere de color se le ponen gotitas del  
color vegetal que se desee.

El chocolate se derrite en bano de Maria y ya fuera  
del fuego, se le pone un poco de azucar glass para que to  
me consistencia.

## FRENCH DRESSING

1 can Campbell's tomato  
soup  
1/2 c. sugar  
1/2 c. cider vinegar  
1/2 c. Wesson oil

Ms. Margaret A. Ness  
Court #1422

2 Tbsp. grated onion  
2 cloves garlic, minced  
1/2 tsp. dry mustard  
Salt to taste  
1 tsp. paprika

Mix all ingredients. Shake in jar well or stir well.  
(About 1 quart. Keeps for weeks in refrigerator.)

## FRUIT FIZZ

1 env. red Hawaiian Punch  
mix  
4 c. cold water

1 1/2 c. unsweetened grape-  
fruit juice  
2 bottles ginger ale

In large pitcher combine punch mix with water and  
grapefruit juice. Add ginger ale. Pour into tall ice filled  
glasses.

## FUDGE

4 1/2 c. sugar  
1 (13 oz.) can evaporated  
milk  
1/3 lb. margarine

Martha Castillo

12 oz. chocolate chips  
8 oz. marshmallow creme  
1 Tbsp. vanilla  
1 c. chopped walnuts

Put sugar, evaporated milk and margarine in large  
pot. Bring to a boil and while boiling, stir constantly for  
8 minutes. Add rest of the ingredients. Blend thoroughly.  
Pour into a buttered 9x13 inch pan.

## GARNI BOUQUET

2 bay leaves  
A sprig of thyme

Louise Dooley

2 or 3 sprigs parsley

Take a small square of muslin and tie the above ingre-  
dients together. This makes for seasoning in stews, etc.  
that can be thrown away after using.

## GARNISH FOR TURKEY

Mrs. Delgado  
CDA Ct. #1581

6 slices of pineapple  
3 c. turkey dressing  
1/4 lb. nuts, shelled  
1 can cranberry sauce

Place the slices of pineapple on a cooking sheet. Put  
a scoop of dressing on top of each slice. Heat in a 350°  
oven for 10 minutes. Remove from oven and place around  
the turkey on the serving dish, alternating with slices of the  
canned cranberry sauce for color. Place the nuts on top of  
the dressing on each slice of pineapple.

## GORDITAS DE FRIJOLES

Rosa Alvarado  
Ct. #1581

500 Gramos de Maza  
para tortillas  
100 Gramos de aceite  
Sal al gusto  
1/2 cebolla de tamano  
regular  
1 tasa de frijoles negros,  
cosidos

Se pone a calentar el aceite. Se acitrona la cebolla y  
despues se frien los frijoles, machacandolos con una cuchara.  
Se prepara la maza y se hacen las gorditas. Se rellenan y  
se ponen a freir en aceite o manteca. Se sirve bien caliente  
con salsa picante.

GREEN CHILE SAUCE (Jalapeno or others) Court #1581

1 lb. green chile	1 piece of onion
2 bags tomatoes	2 garlic buds
1 c. water	Salt to taste

Grind or chop fine chiles, onions, garlic and tomatoes. Add salt, water and mix together. Cook 10 minutes all of the ingredients.

HARVEY WALLBANGER

Rita Yearwood  
#2017

Orange juice	Vodka
Galliano liquore	

Fill tall glasses with ice. Fill 3/4 full with orange juice. Add 1 ounce vodka. Stir. Float 1/2 ounce liquore Galliano on top.

HILLBILLE FUDGE

Emma Lawrence  
Ct. of Our Blessed Mother

2 c. sugar	1/2 c. milk
4 tsp. cocoa	1/2 c. margarine
1/2 c. peanut butter	3 c. oatmeal

Boil 1 minute then add 1/2 cup peanut butter and oatmeal. Pat into a 9x9 inch pan.

HOLIDAY PUNCH

Cecilia Baeza  
#2017

6 oz. fresh lemon juice	2 bottles ginger ale
1 (18 oz.) can pineapple juice	24 oz. orange juice

Pour over large piece of ice. Add sugar to taste. Decorate with orange, lemon and pineapple slices.

HOMEMADE COFFEE LIQUOR

2 c. water	4 c. sugar
2 oz. jar instant coffee	1 pt. vodka
1 vanilla bean	

Boil water. Add sugar; stir and add instant coffee. Let cool. Add the vodka and pour into 1/2 gallon bottle and let sit for 30 days.

HOMEMADE GRANOLA

Catherine Castillo  
Ct. #2017

4 c. rolled oats	1/4 c. honey or maple syrup
1/2 c. sesame seed	1/4 c. safflower or corn oil
1/2 c. sunflower seed	1 tsp. vanilla
1/2 tsp. sea salt	1/2 c. raisins

Combine oats, sesame and sunflower seed and salt in a large bowl, mixing well. In another bowl mix the sweetener, oil and vanilla. Next, add to the dry ingredients. Mix thoroughly to an even consistency and spread out in a shallow baking pan. Set in a 325° oven to bake about 40 minutes or until fairly dry and golden brown.

INSTANT RUSSIAN TEA

JoAnne Fay

3/4 c. instant tea	1 1/2 c. sugar
1 1/4 c. Tang	1 Tbsp. cinnamon
2 (3 oz.) pkg. lemonade mix with sugar	1 Tbsp. ground cloves

Mix all above ingredients. Use 2 teaspoonfuls per boiling cup of water (more or less to taste).

IRISH COFFEE

Louise Dooley

Sugar	4 c. hot, strong coffee
1/2 c. Irish whiskey	1/2 c. chilled whipped cream

Spoon 1 1/2 teaspoons sugar into each of 4 (5 ounce) goblets. Add 2 tablespoons whiskey to each. Fill with coffee to within 1/2 inch of rim. Float a heaping tablespoonful of whipped cream on coffee in each goblet by sliding it off the spoon. Serve at once.

**JALAPENO CHILE SAUCE**Ms. Magda Mireles  
Court #1581

- |                    |                  |
|--------------------|------------------|
| 1 lb. green chiles | 2 garlic buds    |
| 1 piece of onion   | 2 large tomatoes |
| 1 c. water         | Salt (to taste)  |

Grind or chop chiles, onion, garlic, tomatoes. Add water and mix. Cook for 10 minutes.

**JIM BEAM XMAS BALLS**

CDA Ct. #1422

- |                               |                         |
|-------------------------------|-------------------------|
| 2 1/2 c. vanilla wafer crumbs | 3 Tbsp. Karo corn syrup |
| 2 Tbsp. cocoa                 | 1/2 c. chopped pecans   |
| 1 c. powdered sugar           | 1/3 c. Jim Beam         |

Mix liquor and corn syrup together and pour over other ingredients that have already been mixed together. Mix all very well and roll in coconut. Put in a container with tight fitting lid until ready to use. Can be stored about 2 months.

**LOW CALORIE TOSTADAS**

- |   |  |
|---|--|
| 1 medium Italian squash, thinly sliced (1 1/2 c.) (can use thinly sliced carrots instead) | 2 Tbsp. chopped green pepper                     |
| 1 chopped onion (medium size)   | 1/4 tsp. salt                                    |
| 1 (3 oz.) can sliced mushrooms, undrained   | 4 corn tortillas                                 |
| 1/4 c. celery, chopped  | 2 Tbsp. salad oil                                |
| Hot chili sauce   | 1 c. Cheddar or Colby Long-horn cheese, shredded |
|   | 1/2 c. commercial sour cream, divided            |
|   | 1 finely chopped medium tomato                   |

Combine the Italian squash (also called zucchini) or carrots with onion, mushrooms, celery, green pepper and salt in a 1 1/2 quart saucepan; cover and simmer 10 minutes or until crisp-tender. Drain well and set aside. Cook tortillas in hot salad oil until crisp. Drain on paper towels. Place tortillas on baking sheet. Top each with about 1/2 cup vegetable mixture. Sprinkle with cheese. Bake at 350°

for 3 minutes or until cheese melts. Top each tostada with 2 tablespoons sour cream; sprinkle with chopped tomato and add hot chili sauce to taste.

**MANGO COCKTAIL**Mrs. Delgado  
#1581

- |                          |              |
|--------------------------|--------------|
| 3 mangos                 | 4 tsp. sugar |
| 1 egg                    | Shaved ice   |
| 1/2 tsp. cinnamon powder | 6 cherries   |

Peel mangos; mash to a pulp. Put in cocktail shaker and add ice, egg, sugar and cinnamon. Shake well. Serve with a cherry on top. Makes 6 cocktails.

**MEDIAS DE SEDA**

Dwina Z. Corella

- |                                 |                   |
|---------------------------------|-------------------|
| 1/2 lata de leche condensada    | 1/2 vaso de agua  |
| 1-2 vaso de jarabe de granadina | 3 copas de ron    |
| 1/2 vaso de vermut              | 1 copa de ginebra |
|                                 | Hielo picado      |

Ponga en el vaso de su licuadora una porcion regular de hielo, el jarabe de granadina y la leche: conectela a baja velocidad y luego anade los licores y suficiente polvo de canela, al servir ponga una cereza en cada copa.

**MERRY MINTS**

- |                            |                             |
|----------------------------|-----------------------------|
| 1/2 c. light corn syrup    | Green and red food coloring |
| 2 tsp. peppermint extract  | 1/4 c. butter               |
| 1 pkg. confectioners sugar | 1/4 tsp. salt               |

Put green and red food coloring in large bowl. Combine corn syrup, butter, peppermint extract and salt until well mixed. Stir in confectioners sugar. Knead dough with hands until smooth. Divide dough into 3 pieces. Add 3 or 4 drops green food coloring to one piece. Knead for 1-2 minutes. Shape into slightly flat ball. Wrap well. Add 4-5 drops red coloring to second ball; keep third white. With rolling pin roll out each piece between 2 sheets of waxed paper, using 1 1/2 inch round circle and place on another sheet of waxed paper. Dry overnight. Knead scraps until smooth.

## NACHOS

5 oz. bag tortilla chips  
1 lb. Monterey Jack cheese or Cheddar cheese, grated

Preheat oven to 400°. Lay tortilla chips on a cookie sheet. Toss together the cheese, chiles and onion and sprinkle over tortilla chips. Bake for about 5 minutes, until cheese has melted. Serve hot.

## ORANGE ICE CREAM SODA

1 c. frozen orange juice concentrate

1 pt. vanilla ice cream  
Ginger ale

Put 2 tablespoons of the undiluted concentrate into each of tall glasses. Spoon in vanilla ice cream. Fill to top with ginger ale. Stir well.

## ORANGE NOG

1 (6 oz.) can frozen orange juice  
4 eggs

Reconstitute orange juice. Separate one of the eggs and reserve white. Add yolk and remaining whole eggs to orange juice; beat well. Beat reserved whites until stiff. Gradually add sugar and beat until very stiff. Top each glass with mixture; sprinkle with nutmeg.

## PATAS DE PUERCO

3 patas de puerco  
3 huevos batidos  
1/4 de taza de manteca

Se lavan las patas de puerco y se cocinan hasta

Ms. Laurencia Tinoco  
Court #1422

1/3 c. chopped canned, peeled green chiles  
1/2 c. chopped onions

K. Castillo  
#2017

ablandar. Se cortan en seis pedazos. Se separan las yemas de lo blanco de los huevos y se bate primero lo blanco hasta que levante bastante se agrega y se vuelve a batir. Se envuelven los pedazos de patas en el huevo y se frien en manteca caliente. Se sirve con una salsa de lechuga, cebolla, chile verde y tomate bien picados. Sirve 6.

## PICKLED EGGS

3 doz. hard cooked eggs, shelled  
1 3/4 c. sliced beets with juice  
1/2 c. sliced onion  
4 bay leaves

Place eggs in stone or other wide-mouth gallon jar. Add all ingredients and finish filling jar with white vinegar or pickle juice.

## PINA COLADA

14 oz. Coco Lopez  
28 oz. pineapple juice

Mix ingredients in blender with ice; blend and serve topped with coconut and cherries. Serves 12-14.

## PLUM GUMBO JAM

3 lb. ripe plums, cleaned and pitted  
1 lb. seeded raisins, chopped

Place fruits, sugar and salt in a large, heavy saucepan and slowly cook until the sugar dissolves. Bring to the boiling point and stir mixture constantly until it begins to stick. After 15 minutes put a small amount of the jam on a small plate, chill as quickly as possible. If jam crinkles when touched, it is ready to be put into jars. If it does not

Ms. Peggy Casteel

6 whole cloves  
1 c. brown sugar, packed  
1/2 tsp. red food coloring  
White vinegar or sweet pickle juice

Louise Dooley

21 oz. rum, gin or vodka  
Shredded coconut and maraschino cherries

Opal Lucia  
Ct. #1731

2 oranges, sliced thin (leave skin on)  
3 lb. sugar  
Pinch of salt

crinkle, continue to cook for another 10 minutes or until it test sets. Pour jam into sterilized jars. Cool. Cover jars and tie down and label. Making gumbo in small amounts preserves its fresh flavor and color. Makes 8 (6 ounce) jars.

#### PONCHE DE UVAS TRITURADAS

1/2 taza de azucar  
2 tazas de agua  
2 cascaras de canela  
1 clavo de olor  
1 litro de jugo de uva

Alicia A. Quinones

1/3 taza de jugo de limon  
1 cucharadita de cascara de limon rallada  
1/2 limon con cascara en tajadas

Se mezcla el azucar, el agua y las especias en una cacerola. Se pone a fuego lento hasta que llegue al punto de ebullicion y se mantiene a esa temperatura durante unos 10 minutos. Se anade el jugo de uva y el jugo y las cascara de limon. Se vuelve a poner al fuego y se deja llegar al punto de ebullicion. Se cuela. Se sirve caliente en tacitas. Da de 10 a 12 tacitas.

#### PRALINES

2 c. sugar  
1 tsp. baking soda  
1 tsp. vanilla

Lucia Flynn  
#1581

1 c. buttermilk  
1/3 cube butter  
2 c. pecans

Cook sugar, buttermilk and soda to soft ball stage. Add butter, vanilla and pecans. Beat until cool enough to spoon onto waxed paper.

#### PUNCH

1 bottle concentrated fruit punch  
1 litre ginger ale  
2 bottles Andre champagne (extra dry)

Martha Castillo

1 orange, 1 lime, 1 lemon, thinly sliced  
1 c. frozen strawberries, sliced  
12 maraschino cherries (with stems)

Make sure punch, ginger ale and champagne are

cold. Make ice blocks with some punch (use only 1 bottle of champagne). Let fruits (can add peaches) soak in German white, Mosel wine (champagne) for 24 hours with a little sugar. Remember, use 1 bottle of the champagne or wine in the first punch mixture and 1 for soaking the fruits. Serve cold!

#### QUESADILLAS

Sra. E. Tovar  
Court #1581

1/2 libra de queso

6 tortillas de maiz (compradas)

Se rebana el queso en seis rebanadas se pone cada rebanada en una tortilla caliente doblada a la mitad. Se arregla o se acomodan en un cookie sheet y se calientan en un horno de 350° hasta que el queso se derrita.

#### QUESADILLAS (Cheese Tortillas)

Mrs. Tovar  
Ct. #1581

1/2 lb. cheese

6 corn tortillas (bought)

Slice cheese into 6 slices. Put each slice on a warm tortilla, warmed over a flame. Fold it in half. Arrange in a cookie sheet and warm then in a 350° oven until cheese melts. Serve.

#### RELLENO ESPANOL PARA SANDWICHES

Alicia A. Quinone

Aceite  
3/4 taza de cebollas picadas  
1/2 litro de pure espeso de tomate

3 cucharadas de harina  
3 huevos bien batidos  
Sal a gusto  
Sal de apio

Se frie la cebolla en el aceite hasta que se dore. Se dora ligeramente la harina con la cebolla. Se anade el pure de tomate y se sazona. Se anaden los huevos y se revuelve despacio hasta que el huevo se cocine sin dejar que se endurezca. Se puede anadir pickles dulces picados.

## REMOJO DE AGUACATE

Sra. J. F. Delgado  
Court #1581

3 aguacates	1/2 cucharada de sal
1/4 de cebolla mediana picada	1/2 cucharada de pimienta
1 tomate fresco	Polvo de ajo al gusto

Se lavan los aguacates y se les quita la cascara.  
Se muelen en la liquadora con los demás ingredientes. Se sirve con tostadas.

## ROBERT'S CHAMPAGNE PUNCH

Dulce Ortega

2 sliced apples	2 sliced oranges
2 c. white grapes	2 c. strawberries
2 sliced bananas	1 jar cherries
2 cans pineapple and orange Hi-C	1 bottle club soda
1 fifth vodka	2 lb. ice
	Champagne to taste

Mix all ingredients together and serve.

## ROMPOPE (Eggnog Treat)

Mrs. Delgado  
#1581

2 c. milk	1 tsp. vanilla
3 sticks cinnamon	1 c. sugar
6 egg yolks, well beaten	1/2 tsp. nutmeg
	1/4 c. brandy

Bring milk to a boil over slow heat. Add cinnamon sticks, tied with a string, and sugar and boil for 10 minutes more. Remove from fire. Take cinnamon sticks and let cool. Add the beaten egg and the brandy, stirring constantly. Add the vanilla; stir. Let cool and keep bottled for several days before drinking.

## ROQUEFORT LOG

Louise Dooley

2 (3 oz.) pkg. cream cheese, softened	2 Tbsp. minced onion
2 oz. Roquefort cheese, crumbled	Few drops liquid hot pepper seasoning
	3/4 c. finely chopped pecans
	Dash of cayenne pepper

Combine cheeses. Blend in next 4 ingredients. Chill, shape into a roll 1 1/2 inches in diameter. Coat with nuts. Wrap in waxed paper. Refrigerate until firm. Slice and serve on crackers. Makes about 1 cup of spread.

## SALCHICHAS DE QUESO AMARILLO Y TOCINO

Martha o de Saenz.

10 a salchichas	10 a 20 rebanadas de tocino
Unas rebanaditas de queso	1/4 Kilo de queso.

Se sancochan las salchichas, se sacan y se parten por la mitad. Se llenan de queso amarillo y se enrollan con un palillo, se acomodan en una charola o traste refractario, se meten al horno hasta que el tocino este cocido, se sacan y se sirve calentitos se hornean 10 mins.

## SALPICAN DE CECINA (Carne Seca)

Rosa Alvarado  
Ct. #1581

10 chiles serranos verdes	1 kilo de secina
4 limones	1 cebolla

La carne se pone a remojar en agua fria para quitarle la sal, y despues se hiere con agua suficiente. Cuanda ya esta cocida se pica finamente con la cebolla y los chiles, y se le anade el jugo de los limones. Se tapa y se deja reposar una hora antes de servirla.

## SALSA DE CHILE CASCABEL

Magda Mireles  
Ct. #1581

8 tomatoes verdes	3 dientes de ajo
5 chiles cascabel	Sal al gusto

Se hierven los tomates. Se tuestan los chiles y se martazan en el Molcajete junto con tamate, ajo y sal.

## SALSA DE HONGOS

1/2 Taza de hongos de lata  
2 Cucharadas de mantequilla

Edna t. de Orozco

2 Cucharadas de harina  
1 Taza de leche  
1/4 de cucharada de sal

En la pieza No. 1 se derrite la mantequilla sobre calor suave agregue la harina revolviendola y anada la leche poco a poco mezclando constantemente y rapido para que no se formen grumos hasta que la salsa espese En la pieza No. 2 fria los hongos en mantequilla e incoporelos a la salsa.

## SALSA DE ROQUEFORT

2 Cucharadas de vinagre  
8 Cucharadas de aceite de olivo  
1/4 de taza de mayonesa

Carmen Grajeda

1 Cucharadita de cebolla finamente picada  
50 Gramos de queso Roquefort  
Sal y pimienta al gusto

La mayonesa se va revolviendo con el queso, machacandolo con un tenedor para que se deshaga, luego se le anade el vinagre, y despues de poquito en poquito el aceite, batiendo constantemente, por ultimo se agrega la cebolla, la pimienta y un poco de sal. Esta salsa es deliciosa para lechuga o cualquier otro verdura servida en frio.

## SALSA NEGRA

1/2 Taza de caldo de res  
1/2 cebolla chica  
6 chiles pasilla

Magda Mireles  
Ct. #1581

2 cucharadas de aceite de Oliva  
1 chile mulato  
1 diente de ojo

Se tuestan los chiles y se desvenan. Se parten en pedazos y se remojan en el caldo de res. Despues de una hora se muelen junto con los demas ingredientes.

## SALSA PARA CAMARONES I

1 taza de salsa Catsup  
2 cucharadas de salsa Worcester o inglesa.  
1/2 cucharada de mostaza seca.

Ma. Socorro Trevizo V.

1/2 cucharada de sal.  
1-4 de cucharadita de pimienta.  
Unas gotas de salsa Tabasco  
El jugo de limon

Se disuelve la mostaza con la sal en el limon, despues esto se revuelve con los demas ingredientes y se sirve sobre los camarones, si se quiere que pique un poco mas se le agrega mas salsa Tabasco.

## SALSA PARA JAMON

1/2 Taza de azucar morena  
1 Cucharada de mostaza preparada

Carmen Grajeda

1/2 Taza de jugo de pina en conserve  
Sal y pimienta al gusto.

Se revuelven todos los ingredientes en crudo y se vacian sobre del jamon que ira adornado con ruedas de pina y cerezas, con esta salsa se bana el jamon hasta que este cocido.

Puede usarse esta salsa en cualquier otro asado de cerdo.

## SALSA ROJA

2 jitomates asados y pelados  
2 chiles verdes serranos

Ma. Socorro Trevizo V.

1 diente de ajo.  
1 pedacito de cebolla.  
Sal, la necesaria.

Los jitomatoes despues de pelados se muelen con los demas ingredientes y se sazonan con la sal. Esta salsa es fria; si se quiere se le puede picar un poquito de cilantro.

## SANDWICHES DE LENGUA

3 lb. lengua de rez  
2 cucharaditas sal  
1 taza de mayonesa  
1 cabeza lechuga

Sra. J. F. Delgado  
#1581

2 dientes de ajo  
1 pieza pan rebanado  
2 pepinos airios, rebanados

Se cocina la lengua por tres horas con el ajo y la sal. Se retira de la lumbre se deja enfriar y se le quita el pellejo y se rebana. Se frie. Se tuesta el pa se cubre de mayonesa, se ponen dos rebanadas de lengua para cada dos rebanadas de pan se le agrega el pepino la lechuga y el tomate. Se parten por la mitad y se envuelven en papel enserado.

## SAVORY ROLLUPS

1 can Cheddar cheese soup  
1 1/2 lb. wafer thin steaks (4 large)  
Rice

Combine 1/4 cup soup with 1/4 cup water in the bottom of a casserole dish. Salt and pepper both sides of steak. Spread 1 1/2 tablespoons cheese soup on meat; sprinkle with a handful of rice. Roll up the steak. Repeat mixture for each steak. Combine the remaining cheese soup with an equal amount of water. Add marjoram, oregano and tarragon and pour over the meat. Bake in a 350° oven for 35-40 minutes.

## SPICED TEA

1 c. Tang  
1 c. instant tea with lemon and sugar

3/4 c. sugar  
2 tsp. cinnamon  
2 tsp. cloves

Put 2 tablespoonfuls of mix in a cup of hot water.

## SPICED TEA MIX

1 c. instant tea  
14 oz. Tang  
1 (3 oz.) pkg. lemonade mix

1 1/2 c. sugar  
2 tsp. ground cinnamon  
1 tsp. ground cloves

Shake thoroughly in large container. Store covered. Makes 32 ounces dry mix.

## STRAWBERRIES (Candy)

4 small boxes strawberry jello  
1 can Eagle Brand milk  
1 (4 oz.) can coconut

1 c. finely chopped pecans  
Red crystal sugar  
Green crystal sugar

Emma Lawrence

Lucia Flynn  
#2581

Denise Atkins

Susan Johnson

Mix all the ingredients in a bowl. Take a bit of mixture and form it into a strawberry. Top in green sugar for the top of the strawberry, then roll in red sugar for the bottom of the strawberry. Serve!

## SWISS TUNA GRILL

K. Castillo

#2017

1 can tuna, drained  
1/2 c. Swiss cheese  
1/2 c. chopped green chili

Butter, softened  
2 Tbsp. chopped onion  
1/2 c. sour cream  
16 slices rye bread

Combine tuna, cheese, chili, onion and pepper. Spread filling on 8 bread slices. Top with remaining bread slices. Spread outside of sandwiches with butter. Cook on hot griddle over medium heat about 3 minutes on each side.

## TAMALES DE ELOTE

Eloisa R. Corella

2 docenas de elotes frescos y tiernos  
3/4 kilo de manteca

1/2 kilo de queso rallado  
6 chiles verdes California, tostados y pelados

Se desgranen los elotes, se ponen en la licuadora con un chorito de leche de bote, que no quede aguada. Se bate la manteca a que quede cremosa, se le agrega la mezcla de los elotes, el queso rayado y sal al gusto y una pringa de azucar. Las hojas que han sido lavadas y escurridas previamente se untan con esta masa y en medio se les pone rajas de chile verde, se envuelven y se ponen a cocer en una vaporera especial para tamales. Se cocen igual que los tamales, el punto de que ya estan es que se suelta de la hoja.

## TOMATO JUICE WOW

Polly Fogel  
#2017

1 (46 oz.) can tomato juice  
Juice of 2 lemons  
1 Tbsp. Worcestershire sauce

1/2 of a 6 oz. can orange juice  
Juice of 1 lime  
2 Tbsp. salt

Blend and refrigerate. Serve in frosted glasses.

## TOREADOR

1 jigger tequila  
1 jigger evaporated milk

1 jigger kahlua  
Dash of cinnamon

Combine first 3 ingredients over small amount of chipped ice. Pour into glass and sprinkle with cinnamon.

## TORTITAS DE ELOTE

2 1/2 tazas de elote desgranado fresco o de lata.  
1 1/2 tazas de harina de trigo o un poco mas si fuera necesario

Ma. Socorro V. de Trevizo

2 huevos batidos, ligeramente.  
1 1/2 cucharaditas de royal  
Grase para freir, la necesaria  
Sal y pimienta, la necesaria

Los elotes ya desgranados se muelen y se vacian en una fuente, ahí se les agrega el resto de los ingredientes y se revuelve todo muy bien, sazonandose con la sal y la pimienta, debiendo quedar una masita espesa: si quedara muy ligera se le puede anadir un poco mas de harina.

En unsarten se pone a calentar la grasa y ahí se van dejando caer cucharadas de la masa que se frien a fuego suave de ambos lados, para que se doren parejo y se cuezan bien. Se sirven muy calientes, solas o acompañadas de ensalada de lechuga.

## TORTA DE ELOTE CON RAJAS Y QUESO

Teresa B. Vda de Santillen

Elotes 10  
Chiles poblanos 8  
Queso crema 1  
Huevos 5

Margarina 1 barra  
Royal 4 cucharaditas  
Azucar 6 cucharaditas  
Sal 2 cucharaditas

Los elotes se desgranan y estos se vacian en la licuadora, junto con los huevos, el azucar, la sal, la margarine, derretida y un poco de leche, agregando a lo ultimo el royal. Se mezclan bien los ingredientes y se vacian en un molde refractario engrasado, la mitad dela pasta, enseguida las rajas de los chiles poblanos y el queso

Polly Fogel  
#2017

crema en tiras, colocando sobre esto, la otra mitad de la pasta. Se me te al horno caliente y se deja que se cueza.

## TORTITAS DE CALABAZA

Carmen Grajeda.

5 calabacitas verdes, grandes.  
4 huevos frescos.  
1 queso fresco para rellenar.  
6 jitomates grandes.

1 diente de ajo.  
4 cucharadas de harina de trigo.  
Un pedazo de cebolla molida.  
Grasa de cerdo o aceite de olivo, el necesario para freir.  
Sal y pimienta al gusto.

La calabacitas se ponen a hervir en agua caliente con sal; ya que estas cocidas se escurren y se dejan enfriar.

Se rebanan en rodajas gruesas y se les pone en medio de 2 rodajas un pedazo de queso, luego se banan en harina y despues se pasan por el huevo batido a punto de turron. Se vanriendo las tortitas en la grasa caliente; ya doradas de los dos lados, se escurren de la manteca y se acomodan en una cacerola.

En una cacerola se pone un poco de grasa y ya que esta caliente se frie el jitomate molido y colado con la cebolla y el ajo; se sazona con la sal, y ya bien refrito se vacia sobre las calabazas y se dejan hervir a fuego muy suave unos 15 minutos.

Se sirven calientes y con salsita.

## TRAGO HELADO DE RON Y CHOCOLATE

Ma. Socorro V. de Trevizo

3/4 litro de leche  
6 cucharadas de chocolate en polvo o en cacao.  
4 copitas de ron

1/2 kg. (1 libra) de helado de crema a la vainilla  
2 cucharadas de almendra fileteadas y tostadas.

Mezclar en la licuadora la leche, el chocolate y el ron. Licuar y repartir en 4 vasos frios, poner en cada uno, una porcion de helado y esparcir encima las almendras. Decorar con cerezas frescas o al maraschino.

## VANILLA FUDGE

3 c. sugar	1/4 c. corn syrup
1/2 tsp. salt	2 Tbsp. butter
1 c. light cream	2 tsp. vanilla
1/2 c. milk	1/2 c. chopped nuts

Combine sugar, salt, cream, milk, corn syrup and butter in a large, heavy pan. Cook over medium heat, stirring constantly, until mixture comes to a boil. Continue cooking until candy thermometer reaches 238°. (A teaspoon of the mixture will form a soft ball when dropped into cold water.) Remove from heat, leaving thermometer in the pan. Cool to 100°. Add vanilla; beat briskly until fudge thickens and begins to lose its gloss. Stir in the nuts. Pour into buttered 8 inch square pan. Cool. Cut into squares when firm.

## VELVET HAMMER

10 oz. pkg. frozen peaches or strawberries	Crushed ice
1 c. light rum	Juice of 2 lemons

Put fruit, rum and lemon juice in blender. Blend until mixture is icy.

## VOLOVANES DE ATUN

2 Latas grandes de atun	2 Cucharadas de mayonesa
1 Cucharada de jugo de limon	1 Cucharada de cebolla picada
1/4 Kilo de jitomate	100 grs. de queso rallado
24 volovanes	

Se escurre el atun muy bien y en una fuente se desmenuza agregando la mayonesa. el jugo de limon y la cebolla picada, una vez que todo esta bien incorporado, se rellenan los volovanes y se les pone encima algun adorno, o un poco de queso y se meten al horno un rato antes de servirse.

Bertha Hernandez  
#1581

## WINE JELLY

2 c. red wine	3 c. sugar
1/2 bottle Certo	

Put wine in double boiler and add sugar. Heat and stir 3 minutes. Remove from heat. Stir in Certo. Pour into sterilized glasses and seal.

Polly Fogel  
#2017

## YULETIDE CHAMPAGNE PUNCH

1 (46 oz.) can red Hawaiian Punch	1/2 c. brandy
1/4 c. fine sugar	1 bottle champagne, chilled
	Ice

Combine punch and sugar. Stir until sugar dissolves. Add brandy; chill. When ready to serve, stir in champagne. Add ice cubes and serve in champagne glasses.

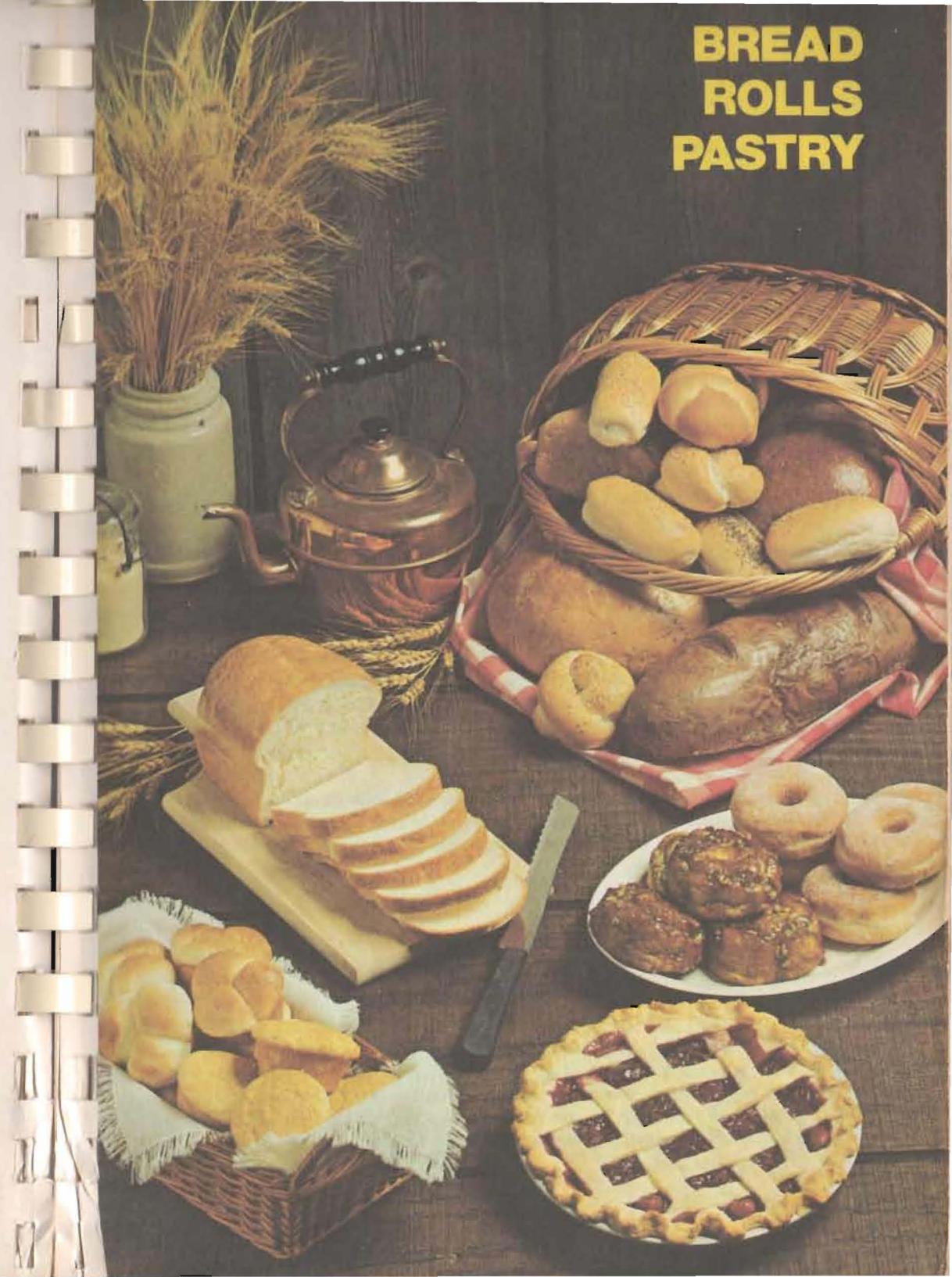
Jovita Jslas

## \*\* NOTES \*\*

Lucille Ratleff  
#1422



# BREAD ROLLS PASTRY



## BREAD, ROLLS, PASTRY

### COOKING SUGGESTIONS

To toast coconut for cakes, put in pie pan and place in moderate oven. Stir often from edges, to brown evenly.

\*\*\*\*\*

Flour should be sifted once before measuring. Fill the cup without packing.

\*\*\*\*\*

Do not grease the sides of cake pans, grease only the bottoms.

\*\*\*\*\*

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

\*\*\*\*\*

Rub the bottom of the soup cup with a sliced whole garlic to accent the flavor of Navy Bean Soup.

\*\*\*\*\*

Eggs should be at least three days old before using in cakes.

\*\*\*\*\*

SLOW OVEN ..... 250 to 325 degrees

MODERATE OVEN.... 350 to 375 degrees

HOT OVEN ..... 400 to 450 degrees

VERY HOT OVEN .... 450 to 500 degrees

\*\*\*\*\*

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

### PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

#### APPLESAUCE RAISIN BREAD

Cecilia S. Baeza

1 tsp. baking soda  
1 tsp. baking powder  
1 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1 c. quick oats

1/2 c. brown sugar  
2 eggs  
1/3 c. salad oil  
1 c. applesauce  
1 c. raisins

Combine dry ingredients. Add eggs, oil and applesauce and stir well. Stir in raisins and fill greased loaf pan. Bake at 350° for 1 hour.

#### BANANA BREAD

Court of Our Blessed Mother

1/4 c. shortening  
1/2 c. sugar  
2 Tbsp. water  
1 1/2 c. flour  
1/2 tsp. salt  
1 tsp. vanilla  
1 well beaten egg

1 c. bran  
1 1/2 c. mashed bananas  
2 tsp. baking powder  
1/2 tsp. soda  
1/2 c. chopped nuts

Cream shortening and sugar. Add egg and bran and mix. Combine water and bananas; add alternately with sifted dry ingredients. Mix and add vanilla and nuts. Bake at 350° for 1 hour.

#### BANANA-NUT BREAD

Opal Lucia  
Ct. #1731

2 c. sugar  
1 c. shortening  
6 bananas  
4 eggs

4 c. flour  
1 1/2 tsp. soda  
1/2 tsp. salt  
1 c. chopped nuts

Cream shortening, sugar and eggs. Add dry ingredients and nuts. Bake for 1 hour in a 350° oven.

## BEER BREAD

1 can beer (not flat)  
3 c. self-rising flour

Mix flour and sugar in bowl. Add beer and mix well until all flour is thoroughly mixed. Pour dough into well greased loaf pan. Spread to edge of pan. Bake for 1 hour at 350°.

For Cheese Bread: Cut sugar down 2 tablespoons and add 1 teaspoon salt and 1/2 cup cubed sharp Cheddar cheese then mix and bake according to basic recipe.

## BLUEBERRY MUFFINS

2 c. sifted all-purpose flour	3/4 tsp. cinnamon
3 tsp. baking powder	1 c. milk
3 Tbsp. sugar	1 egg, well beaten
	1/2 c. melted butter
	1 c. blueberries

Combine the sifted flour with baking powder, sugar, salt and cinnamon and sift again. Combine the milk, beaten egg, melted butter and add to dry ingredients all at once. Stir to moisten. Fold in blueberries. Butter muffin tins and fill each 2/3 full. Bake at 400° about 25 minutes or until brown.

## CANADIAN BRAN MUFFINS

1/2 c. shortening	1/2 c. brown sugar
1/2 c. molasses	2 eggs
1 c. milk	1 c. flour
1 1/2 tsp. baking powder	1/2 tsp. baking soda
1 1/2 c. bran	1/2 c. chopped nuts

Cream shortening and sugar. Add molasses and eggs. Add milk and bran. Sift flour, baking powder, soda and salt together. Add nuts and other ingredients. Place in greased muffin tins. Bake at 400° for 15 minutes.

## Laura Calqmia

3 Tbsp. sugar

## CARROT BREAD

1 c. raw grated carrots  
1 c. sugar  
3/4 c. shortening  
2 eggs

1 1/2 c. flour  
1 tsp. soda  
1 tsp. cinnamon  
1/2 tsp. salt  
1/2 c. raisins

Mix well. Bake at 350° for approximately 50 minutes.

## CEREAL MUFFINS

1 1/2 c. cereal (any kind)	1/2 tsp. melted shortening
1 c. all-purpose flour	1 c. raisins
3 tsp. baking powder	1 egg
2 Tbsp. sugar	3/4 c. milk

Combine all ingredients and stir to form a smooth batter, folding them into muffin molds. Bake for 25 minutes or until done.

## CRANBERRY BREAD

3 c. all-purpose flour	1 c. sugar
1 tsp. baking soda	4 Tbsp. melted butter
1 tsp. baking powder	1 1/4 c. milk
1 tsp. salt	1 tsp. rose water or lemon
2 eggs	1 1/4 c. raw cranberries, halved
3/4 c. chopped walnuts	

Leona Devlin

Sift together the flour, baking soda, baking powder and salt. Beat eggs and sugar in another large bowl, well blended. Stir in the butter, milk and rose water. Stir in the flour until it is moistened then stir in the cranberries and walnuts and blend together. Do not overwork dough. Put the batter in 2 (10x4x5 inch) loaf pans and bake in a preheated 350° oven for 55-60 minutes or until the center springs back when touched. The top of the loaves will crack, but this is customary with most baking powder breads.

Virginia McCabe  
Ct. Mother Cabrini

## CREAM CHEESE PASTRY

3 oz. pkg. cream cheese  
1/2 c. butter or margarine

Let the cream cheese and butter soften at room temperature. Blend well. Stir in the sifted all-purpose flour and salt. Chill and use in the following recipes.

## DATE BREAD

Ruth Crail  
#2017

3/4 c. flour	3/4 c. quick oats
2 tsp. baking powder	1 tsp. lemon peel
1 1/2 tsp. salt	1 1/2 c. buttermilk
1/2 tsp. baking soda	2 eggs
3/4 c. brown sugar	1/4 c. oil

Mix and sift flour, baking powder, salt and baking soda. Add dates, brown sugar, oats and lemon peel. Combine buttermilk, eggs and oil; add to flour mixture. Stir well. Pour batter into greased loaf pan. Bake at 375° for 55 minutes. Let stand 10 minutes before removing from pan; cool. Wrap cooled bread in foil and store 1 day before slicing.

## EASY MUFFINS (Basic Recipe)

2 c. all-purpose flour	3 Tbsp. baking powder
1/4 c. sugar	1 c. milk
1 egg	1/4 c. melted butter

Mix and sift flour, baking powder, salt and sugar. Beat eggs until frothy. Stir in milk and butter. Make a well in the flour mixture and pour in the egg mixture all at once; stir fast until just mixed, but still lumpy. Fill large muffin cups 2/3 full. Bake at 425° for 25 minutes. Test, inserting in center with a tester; if it comes clean, it's ready. Tip slightly in pan to prevent steaming. With this recipe, you can add fruit or other flavors. Variations follow.

Anonymous

## APPLE MUFFINS

Easy Muffin Recipe	1/4 c. sugar
1 c. finely chopped apples	1/2 tsp. cinnamon

After you have stirred the batter from the Easy Muffin recipe, add the apples, sugar and cinnamon. Bake at 425° for 25 minutes.

## CRANBERRY MUFFINS

Basic Muffin Recipe	2/4 c. cranberries (raw), chopped
1/4 c. sugar	

Add the cranberries and sugar to dry ingredients. Bake at 425° for 25 minutes.

## RAISIN WALNUT MUFFINS

Basic Muffin Recipe	1/2 c. walnuts
1/2 c. raisins	

Add the raisins and walnuts to the sifted dry ingredients. Bake at 425° for 25 minutes.

## SHARP CHEDDAR CHEESE MUFFINS

Basic Muffin Recipe	3/4 c. grated sharp Cheddar cheese
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Add cheese to sifted dry ingredients. Bake at 425° for 25 minutes.

## JELLY OR MARMALADE MUFFINS

Easy Muffin Recipe	Jelly or marmalade
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Fill muffin cups half way with the batter. Put in jelly or marmalade and fill the cups with the rest of the batter, leaving 1/4 from the top. Bake at 425° for 25 minutes.

## FINNISH PANCAKE

4 eggs	2 1/2 c. milk
1/2 c. honey	1 c. flour
3/4 tsp. salt	4 tsp. butter

Put heavy iron frying pan in a 415° oven for about 10 minutes. Mix eggs, honey, salt and milk. Add flour; mix well. Remove pan from oven. Melt butter all over the pan; pour in batter. Bake about 25 minutes or until inserted knife in center comes out clean. Let cool about 10 minutes before cutting or serving. Serve with sliced peaches and honey.

## FLOUR TORTILLAS, SOPAIPILLAS, EMPANADAS

K. Castillo

2 c. flour	2 Tbsp. shortening
3 tsp. baking powder	1 tsp. salt
1/2 c. warm water	

Tortillas: Cut shortening into flour. Add water, then knead it until well mixed. Make into small balls and set aside. Roll out each ball of dough into a round tortilla and cook on a hot griddle.

Sopaipillas: Roll out dough and cut into 3 inch squares. Fry in deep fryer.

Empanadas: Use milk instead of water in mixing the dough. Make a small round ball and roll out, about 4. Place about 1 teaspoon preserves in center and fold over, pressing edges together. Fry in deep fat and remove when golden brown. Let drain and then sprinkle with powdered sugar.

## JALAPENO CORN BREAD

1 1/4 c. yellow corn meal	3 tsp. baking powder
1 tsp. salt	1 c. Longhorn cheese
1 c. grated onion	5 jalapenos, chopped
3 eggs, beaten	1/2 c. Mazola oil
1 c. sour cream	1 can cream style corn

Mix together corn meal, baking powder and salt. Stir in cheese, onions and jalapenos. Add eggs, oil,

Sandy W. Car

sour cream and corn. Mix well. Pour into greased loaf pan. Bake at 400° for 15-20 minutes. (10-12 servings)

## LIGHT PANCAKES

Laureucia A. Tinoco

2 c. biscuit mix	1/2 c. oil
1 egg	1 1/3 c. club soda

Mix all ingredients in bowl and pour about 1/4 cup in medium drops into hot skillet. Pancakes will be very light. This mixture will not keep, so make all your pancakes and keep them in refrigerator or freeze them.

## MANGO BREAD

Sandra Brinson  
Court #2017

2 c. flour	1/2 c. coarsely chopped walnuts
1 1/2 tsp. cinnamon	1 1/2 tsp. baking soda
2 eggs, lightly beaten	1/2 tsp. salt
3/4 c. shortening (some butter can be added with the shortening)	1 1/2 c. sugar
2 c. coarsely diced mangos	1/2 c. dark raisins

Mix flour, soda, cinnamon, sugar and salt together. Add raisins and nuts to flour. Mix eggs with shortening and pour into dry ingredients. Mix well then fold in mangos. Bake in 2 floured loaf pans at 325° for 45 minutes to an hour, till done.

## MEXICAN CORN BREAD

Louise Dooley  
Ct. #2017

1 c. yellow corn meal	1 (4 oz.) can chopped green chili peppers
1/2 c. flour	1/2 tsp. baking soda
1/2 tsp. salt	1/3 c. salad oil or soft shortening
1 c. cream style corn	1 c. sharp grated cheese
2 eggs, beaten	
2/3 c. buttermilk	

Grease an 8x8x2 inch square baking pan with oil or soft shortening. Mix corn meal with flour, salt, corn, eggs,

chili peppers, buttermilk, soda and salad oil. Pour half of batter into hot greased pan. Sprinkle the grated cheese over batter. Pour in rest of batter. Bake at 375° for 35-40 minutes.

#### MUFFIN TIN BREAKFAST

4 slices bacon	1 Tbsp. butter, divided
4 eggs	1/4 c. half & half, divided
Salt and pepper to taste	

Cook bacon only partially; drain on paper towels until slightly cooled. Cut a piece from each bacon slice and place in the bottom of each of 4 muffin cups. Place remaining bacon strips around sides of muffin cups and break an egg in center of each. Sprinkle salt and pepper on each egg and 1/2 teaspoon butter. Pour 2 teaspoons half & half. Bake at 350° for 15-20 minutes. Loosen edges with a knife to make removal easier.

#### NOVA SCOTIA BROWN BREAD

	Doris Houghton
1 shredded wheat biscuit	4 handfuls quick rolled oats
1/2 c. molasses	2 tsp. salt
1 Tbsp. shortening	4 handfuls brown sugar

Pour over these ingredients 3 cups boiling water; cool. Add 1 yeast cake dissolved in 1 cup lukewarm water with 1/2 cup sugar. Add enough white flour to mix. I knead down twice before putting in pans. I let it rise 1 hour the first time then let rise twice the next hour. Let rise in pan and bake for 1 hour at 300°.

#### NUT BREAD

1 pkg. currants	2 c. sugar
2 tsp. soda	1 tsp. salt
2 c. boiling water	2 eggs
2 Tbsp. Nucoa	4 c. flour
2 tsp. cinnamon	1/2 tsp. allspice
1/2 tsp. cloves	1 tsp. nutmeg

Place currants, soda, Nucoa and boiling water in

Flo Greenough  
CDA Ct. #2017

mixing bowl. Cover and let stand overnight. In A. M. put 2 cups sugar and salt in large mixing bowl. Beat eggs well; add to sugar; mix well and currant mixture. Add flour and spices. Sift flour over nuts before adding. Preheat oven to 350°. Use #2 gold lines corn cans (6), greased and floured. Fill cans half full. Bake for 1 hour on cookie sheet. Remove from oven when done and turn onto sides. Roll every few minutes for 20 minutes. Remove from cans while still warm. Cool and cover with waxed paper.

#### ORANGE NUT BREAD

Louise Dooley  
Ct. #2017

3/4 c. brown sugar	1 3/4 c. all-purpose flour
3 Tbsp. soft butter/margarine	1/2 tsp. salt
2 eggs	1/4 tsp. baking soda
3/4 c. chopped nuts	1 c. ground whole oranges, deseeded and peeled

Gradually beat 3/4 cup firmly packed brown sugar into the butter or margarine. Beat in 2 eggs, one at a time, and add the nuts. Mix together 1 3/4 cups flour, salt, soda. Stir, do not beat, about half of flour mixture into creamed ingredients until fairly smooth. Add the ground oranges, then stir in rest of flour mixture. Spoon the heavy batter into a greased 9x5x3 inch loaf pan and bake at 350° for 60-70 minutes or until done. Remove from pan and cool completely on rack.

#### PAN DE SALVADO

Ana Maria Ochoterena.  
Cd. Juarez, Chih.

4 Huevos enteros	1 Taza de harina integral de hot-cakes
1 Cucharadita de espauña	1 Taza de aceite
1 Taza de azucar morena	1 Taza de jugo de naranja
1 Taza de salvado	2 cucharaditas de raspadura de anaranja o limon.

Se bate todo muy bien y se cuece al horno a 350° F. durante 25 a 30 minutos.

## PAN DULCE (Sweet Rolls)

A.

3 1/2-4 c. all-purpose flour	1/4 c. sugar
1 pkg. active dry yeast	1/4 c. shortening
1 c. milk	1 tsp. salt

B.

2/3 c. all-purpose flour	2 beaten egg yolks
1/2 c. sugar	1/4 tsp. vanilla
1/4 c. butter or margarine	

A. In large mixer bowl combine 2 cups flour and the yeast. Heat milk, sugar, shortening and salt till warm. Add to dry mixture in bowl; add whole eggs. Beat at low speed 1/2 minute. Beat 3 minutes at high. Stir in enough remaining flour to make a moderately stiff dough. Knead on floured surface 8-10 minutes. Place in greased bowl. Cover; let rise 1-1 1/4 hours. Punch down. Divide and shape into 16 balls. Roll each to a 3 inch circle. Place on greased baking sheet.

B. Combine the remaining flour and sugar. Cut in butter till crumbly. Stir in yolks and vanilla; mix well. Divide into 16 portions. Roll each to a 3 inch circle. Place atop a circle of dough on baking sheet. Slash top. Cover; let rise 30 minutes. Bake in a 375° oven for 15-18 minutes.

## PANQUECITOS DE MAIZ

Ma. Socorro Trevizo V.  
Cd. Juarez, Chih.

1 taza de harina	2 huevos enteros
1 taza de harina de maiz	1/4 de taza de miel de abeja
1 cucharadita de sal	1 taza de leche
4 cucharaditas de royal	1/4 de taza de mantequilla

Se ponen en una fuente la harina y la harina de maiz con el royal; se le agregan todos los demas ingredientes y la mantequilla diluida y fria; se revuelve todo batiendo fuertemente y se vacia en un molde cuadrado no muy alto, previamente engrasado y enharinado. Se mete a horno caliente a 350°; y ya que esta cocido se corta en cuadros medianos. Se sirven los panes calientes con mantequilla.

Se conservan calientitos envolviendolos en una servilleta y sirviendolos al momento.

Alicia Contreras

## PRUNE BREAD

2 1/4 c. flour	1 c. sugar
2 1/2 tsp. baking powder	1 tsp. salt
1 c. bran	3/4 c. prunes
1 c. milk	1/3 c. shortening
1/4 c. molasses	1 egg

Sift flour with sugar, baking powder and salt into bowl. Stir in cereal and chopped prunes. Combine milk, shortening, molasses and egg; add to flour mixture, stirring just until all flour is moistened. Grease loaf pan. Line on bottom with waxed paper. Grease paper. Pour batter into pan. Bake at 350° for about 1 hour and 15 minutes. Cool in pan 19 minutes.

## PUMPKIN BREAD

Sue Hartman

1 c. Wesson oil	1 tsp. vanilla
3 c. sugar	1 (#303) can pumpkin
3 eggs	(2 c.)

Mix all together then add:

3 c. flour	1 tsp. each cinnamon, nutmeg and cloves
1 tsp. baking powder	1/2 tsp. salt
1/2 tsp. soda	
1 c. chopped nuts	

Mix the above and pour into 3 (1 pound) coffee cans (greased and floured). Start in cold oven. Bake at 350° for 1 hour and 15 minutes.

## PUMPKIN BREAD

Lucille Ratliff

1 c. salad oil	3 tsp. soda
4 eggs	1/2 tsp. salt
2/3 c. water	1 tsp. nutmeg
2 c. pumpkin (1 can)	1 tsp. cinnamon
3 c. sugar	1 c. chopped nuts
3 1/2 c. flour	1 c. white/dark raisins

Beat all together the salad oil, eggs, water, pumpkin

## PAN DULCE (Sweet Rolls)

A.

3 1/2-4 c. all-purpose flour  
1 pkg. active dry yeast  
1 c. milk

1/4 c. sugar  
1/4 c. shortening  
1 tsp. salt

B.

2/3 c. all-purpose flour  
1/2 c. sugar  
1/4 c. butter or margarine

2 beaten egg yolks  
1/4 tsp. vanilla

A. In large mixer bowl combine 2 cups flour and the yeast. Heat milk, sugar, shortening and salt till warm. Add to dry mixture in bowl; add whole eggs. Beat at low speed 1/2 minute. Beat 3 minutes at high. Stir in enough remaining flour to make a moderately stiff dough. Knead on floured surface 8-10 minutes. Place in greased bowl. Cover; let rise 1-1 1/4 hours. Punch down. Divide and shape into 16 balls. Roll each to a 3 inch circle. Place on greased baking sheet.

B. Combine the remaining flour and sugar. Cut in butter till crumbly. Stir in yolks and vanilla; mix well. Divide into 16 portions. Roll each to a 3 inch circle. Place atop a circle of dough on baking sheet. Slash top. Cover; let rise 30 minutes. Bake in a 375° oven for 15-18 minutes.

## PANQUECITOS DE MAIZ

1 taza de harina  
1 taza de harina de maiz  
1 cucharadita de sal  
4 cucharaditas de royal

Ma. Socorro Trevizo V.  
Cd. Juarez, Chih.

2 huevos enteros  
1/4 de taza de miel de abeja  
1 taza de leche  
1/4 de taza de mantequilla

Se ponen en una fuente la harina y la harina de maiz con el royal; se le agregan todos los demas ingredientes y la mantequilla diluida y fria; se revuelve todo batiendo fuertemente y se vacia en un molde cuadrado no muy alto, previamente engrasado y enharinado. Se mete a horno caliente a 350°; y ya que esta cocido se corta en cuadros medianos. Se sirven los panes calientes con mantequilla.

Se conservan calientitos envolviendolos en una servilleta y sirviendolos al momento.

Alicia Contreras

## PRUNE BREAD

2 1/4 c. flour  
2 1/2 tsp. baking powder  
1 c. bran  
1 c. milk  
1/4 c. molasses

1 c. sugar  
1 tsp. salt  
3/4 c. prunes  
1/3 c. shortening  
1 egg

Sift flour with sugar, baking powder and salt into bowl. Stir in cereal and chopped prunes. Combine milk, shortening, molasses and egg; add to flour mixture, stirring just until all flour is moistened. Grease loaf pan. Line on bottom with waxed paper. Grease paper. Pour batter into pan. Bake at 350° for about 1 hour and 15 minutes. Cool in pan 19 minutes.

## PUMPKIN BREAD

1 c. Wesson oil  
3 c. sugar  
3 eggs

1 tsp. vanilla  
1 (#303) can pumpkin  
(2 c.)

Mix all together then add:

3 c. flour  
1 tsp. baking powder  
1/2 tsp. soda  
1 c. chopped nuts

1 tsp. each cinnamon, nutmeg and cloves  
1/2 tsp. salt

Mix the above and pour into 3 (1 pound) coffee cans (greased and floured). Start in cold oven. Bake at 350° for 1 hour and 15 minutes.

## PUMPKIN BREAD

1 c. salad oil  
4 eggs  
2/3 c. water  
2 c. pumpkin (1 can)  
3 c. sugar  
3 1/2 c. flour

3 tsp. soda  
1/2 tsp. salt  
1 tsp. nutmeg  
1 tsp. cinnamon  
1 c. chopped nuts  
1 c. white/dark raisins

Beat all together the salad oil, eggs, water, pumpkin

Ruth Crail  
#2017

Sue Hartman

Lucille Ratliff

and sugar. Sift flour, soda, salt, nutmeg and cinnamon and add to pumpkin mixture. Add nuts and raisins. Grease and flour 4 (1 pound) coffee cans. Fill half full. Bake for 1 hour at 350°. Slice and serve with pineapple cream cheese.

#### SCRUMPTIOUS SODA WAFFLES

Rita Yearwood

#2017

2 c. biscuit mix	1 egg
1/2 c. oil	1 1/3 c. club soda

Cook in waffle iron. May be frozen and reheated in toaster.

#### SOPAIPILLAS

Sra. J. F. Delgado

Ct. #1581

2 tazas de harina	1 taza de leche
1 1/2 cucharadita de espauda	1/2 barra de mantequilla
1 cucharadita de sal	1/4 de taza de manteca
	Canela de polvo y azucar

Se bate la mantequilla y se mescla con el harina, la espauda y la sal. Se agrega la leche gradualmente para hacer una masa suave. Se forman unas bolitas de masa y se palotean. Se cortan en ocho pedazos. Se frien en bastante manteca caliente hasta que den un color dorado. Se cubren con canela y azucar.

#### SOPAIPILLAS (Flour Patties)

Mrs. Delgado

Ct. #1581

2 c. flour	1/2 bar butter
1 1/2 tsp. baking powder	1/4 c. lard
1 tsp. salt	Cinnamon and sugar
1 c. milk	

Cream butter and mix with flour, baking powder and salt. Add milk gradually to make a soft dough. Form patties and roll out. Cut into 8 pieces each. Fry in deep fat until light brown. Cover with cinnamon and sugar.

#### SOUR CREAM CORN BREAD

Mildred Celum

1/3 c. flour	1 1/3 c. corn meal
1 Tbsp. sugar	1 egg
1 tsp. baking powder	1 c. sour cream
1 tsp. salt	2 tsp. salad oil
1/2 tsp. soda	

Mix all ingredients together. Place in pan and bake for 25 minutes at 300°.

#### SPOON BREAD

Lucia Flynn

Ct. #1581

1 c. boiling water	1 Tbsp. butter
1/2 c. corn meal	1 1/2 tsp. baking powder
1/2 c. milk	2 eggs, well beaten
1/2 tsp. salt	

Pour boiling water over corn meal. Beat in rest of the ingredients. Pour into well greased 1 quart casserole. Bake for 20-25 minutes at 400°. Serves 4.

#### SOUTHERN HUSH PUPPIES

Mildred Celum

2 c. corn meal	1 beaten egg
2 Tbsp. flour	1 c. buttermilk
1/2 tsp. soda	6 Tbsp. onion, chopped
1 tsp. salt	

Mix ingredients together in order. Should be thick enough to drop by spoonfuls into hot fat.

#### SOUTHERN SPOON BREAD

Polly Fogel

#2017

2 c. boiling water	2 tsp. baking powder
2 c. corn meal	2 eggs, separated
1 Tbsp. butter	2 c. milk

Pour boiling water over meal, stirring constantly, and cook 5 minutes. Remove from fire. Add butter, salt and milk; mix well. Beat eggs and add to mixture then sift

in baking powder. Pour into greased baking dish. Bake for 30-40 minutes at 375°. Serve from dish in which it is baked. The whites may be beaten stiff and added last for a lighter bread.

#### THREE C BREAD

Cecilia S. Baeza  
#2017

3 beaten eggs	1/2 c. cooking oil
2 1/2 c. sifted flour	1 c. sugar
1 tsp. baking powder	1 tsp. baking soda
1 tsp. cinnamon	1/2 tsp. salt
2 c. carrots, grated	1 1/2 c. coconut
1/2 c. maraschino cherries	1/2 c. pecans
1/2 c. raisins	1/2 c. milk

Combine eggs, oil, milk. Sift flour, sugar, baking powder, soda, cinnamon and salt. Mix just until thoroughly combined. Stir in carrots, coconut, cherries, raisins and pecans. Turn into 2 well greased and floured loaf pans. Bake at 350° for 45-50 minutes. Wrap and refrigerate overnight.

#### WHOLE WHEAT HONEY BREAD

Marilyn Ward

1 cake yeast	1 1/4 c. lukewarm water
1 c. milk	3 tsp. shortening
1/3 c. honey	1 tsp. salt
4 c. flour	4 c. whole wheat flour

Soften yeast in lukewarm water. Scald and salt. Cool to lukewarm. Add yeast and flour. Knead and let rise until double in bulk. Punch down and shape into loaves. Place in greased loaf pans. Cover and let rise until doubled. Bake in a moderate oven (375°) about 1 hour. Remove from pan immediately. Brush with butter. Wrap in cloth to cool. Makes 2 loaves.

#### WHOLE WHEAT BREAD

Lillian Markham

3 c. warm water	4 c. white flour
1 Tbsp. sugar	1/3 c. brown sugar
2 pkg. yeast	1/2 c. molasses

1 Tbsp. salt  
1 Tbsp. shortening

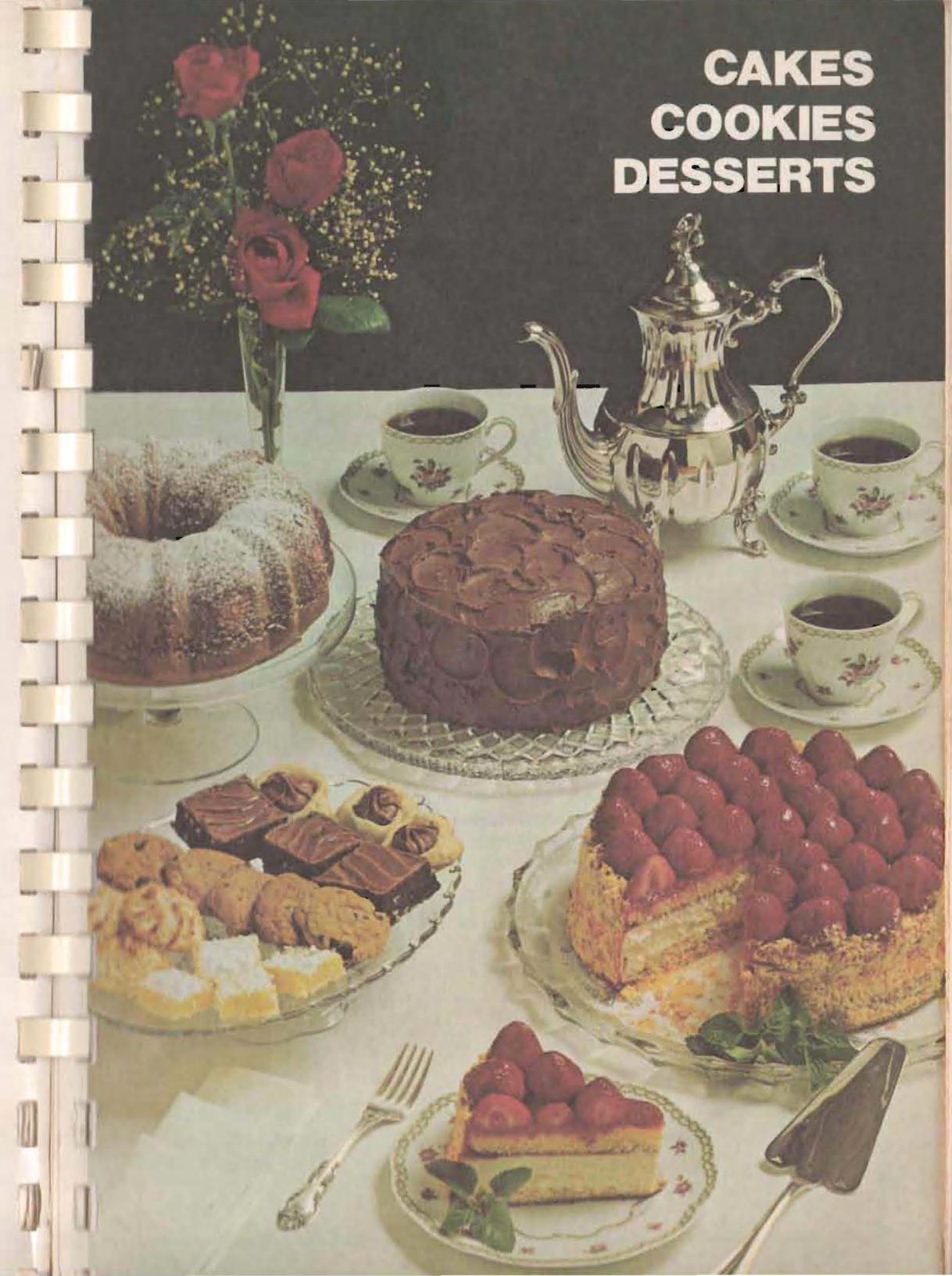
2 c. whole wheat flour

Sprinkle 1 tablespoon sugar on warm water then put yeast in water. Add white flour and beat. Add brown sugar, molasses, salt and shortening. Beat and then add 2 cups whole wheat flour and beat well. Add additional whole wheat flour until dough doesn't stick to the hands. Knead 10 minutes or until the dough seems smooth. Let rise about 1 hour or until it is double in bulk. Put in 5 loaf pans (7 1/2 x 3 inches) and let rise again. Bake in a 425° oven for 10 minutes then about 20-25 minutes at 350°. Grease top with margarine after taking the loaves from the oven.

#### \*\* NOTES \*\*



**CAKES  
COOKIES  
DESSERTS**



# HANDY CHART OF KITCHEN MATH (Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.

## COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

### 4-cup baking dish:

9-inch pie plate  
8x1½-inch layer cake pan—C  
7 3/8 x 3 5/8 x 2 ½-inch loaf pan—A

### 6-cup baking dish:

8 or 9x1½-inch layer cake pan—C  
10-inch pie plate  
8½ x 3 5/8 x 2 5/8 inch loaf pan—A

### 8-cup baking dish:

8x8x2-inch square pan—D  
11x7x1½-inch baking pan  
9x5x3-inch loaf pan—A

### 10-cup baking dish:

9x9x2-inch square pan—D  
11¾x7½x1¾-inch baking pan  
15x10x1-inch jelly-roll pan

### 12-cup baking dish and over:

13½x8½x2-inch glass baking pan	12 cups
13x9x2-inch metal baking pan	15 cups
14x10½x2½-inch roasting pan	19 cups

## TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

### Tube Pans:

7½x3-inch "Bundt" tube pan—K	6 cups
9x3½-inch fancy tube or "Bundt" pan J or K	9 cups
9x3½-inch angel cake pan—I	12 cups
10x3¾-inch "Bundt" or "Crownburst" pan—K	12 cups
9x3½-inch fancy tube mold—J	12 cups
10x4-inch fancy tube mold (Kugelhupf)—J	16 cups
10x4-inch angel cake pan—I	18 cups

### Melon Mold:

7x5½x4-inch mold—H	6 cups
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### Spring-Form Pans:

8x3-inch pan—B	12 cups
9x3-inch pan—B	16 cups

### Ring Molds:

8½x2½-inch mold—E	4½ cups
9¼x2½-inch mold—E	8 cups

### Charlotte Mold:

6x4¾-inch mold—G	7½ cups
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### Brioche Pan:

9½x3½-inch pan—F	8 cups
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## CAKES, COOKIES, DESSERTS

Sandra Brinson  
Court #2017

### ALMOND COOKIES

3/4 c. butter or margarine	1/2 tsp. baking soda
1 c. sugar	1/2 tsp. salt
1 egg	1 egg, well beaten
2 tsp. almond extract	2 c. flour
Red food coloring	

Cream butter or margarine and sugar until light and fluffy. Add egg and almond extract. Sift dry ingredients together and add to creamed mixture. Mix well. Chill dough for 1 hour. Form dough into balls about the size of walnuts. Place 2 inches apart on lightly greased cookie sheets and flatten to 1/4 inch thickness. Brush tops of cookies with beaten egg. Dip chopstick in red food coloring and make an indentation in the center of each cookie. Bake at 350° F. for 12-15 minutes. Cool cookies on wire rack. Store in tightly covered containers. Yield: 1 1/2 dozen cookies.

### APPLE COFFEE CAKE

1 pkg. yellow cake mix	1/2 c. powdered sugar
3 eggs, slightly beaten	1 c. all-purpose flour
1 can apple pie filling	1/2 c. butter, softened

Combine cake mix, eggs and pie filling in a large bowl, mixing well. Spoon into 2 well greased 9 1/4 x 5 1/4 x 2 3/4 inch loaf pans. Combine sugar and flour; cut in butter until mixture resembles very coarse crumbs. Sprinkle mixture over top of batter. Bake at 350° for 50 minutes or until cake tests done. Yield: Two 9 1/4 x 5 1/2 x 2 3/4 inch loaves.

### APPLE CRISP

Opal Lucia  
Ct. #1731

4 c. thinly sliced apples	1 c. sugar
1 tsp. cinnamon	7 Tbsp. butter
1/2 c. water	3/4 c. flour

Place apples in a casserole dish. Mix cinnamon with water and pour over apples. Work together sugar, flour and butter until crumbly. Spread over apple mixture and bake uncovered until apples are tender. Serve while apples are warm, topped with whipped cream or ice cream.

#### APPLE PANCAKES

Favorite pancake mix  
1/2 c. oatmeal

##### Syrup:

1 c. powdered sugar	1/2 c. cream
2 Tbsp. butter	Dash of cinnamon
	Dash of salt

Pour the batter over a slice of apple and cook. While the pancakes are cooking, heat all the ingredients of the syrup and then pour over the pancakes.

#### APPLE RING-A-ROUND

14 oz. jar spiced apple rings	1/2 tsp. salt
1-2 Tbsp. red cinnamon candies	3 egg whites
1/4 c. red apple jelly	1 c. sugar
1 3/4 c. all-purpose flour	1/2 c. shortening
2 tsp. baking powder	3/4 c. milk
	1/2 tsp. almond extract

Drain apple rings; reserve 1/2 cup liquid. Combine the reserved liquid and candies in a 10 inch ovenproof skillet. Simmer until candies are dissolved. Stir in jelly; blend well. Set aside. Combine flour, baking powder and salt. Beat egg whites in small mixer bowl at high speed until soft peaks form. Gradually add 1/4 cup sugar; continue beating until stiff peaks form. In large mixer bowl cream shortening with 3/4 cup sugar at medium speed until light and fluffy. Add dry ingredients alternately with milk to creamed mixture, beginning and ending with dry ingredients. Gently, but thoroughly, fold in beaten egg whites and almond extract. Arrange apple rings in syrup in bottom

Mildred Celum

Slices of apple

of skillet. Gently pour batter over apple rings. Bake at 350° for 35-40 minutes. After 2-3 minutes invert onto serving plate. Carefully lift skillet from cake; cool.

#### APPLESAUCE CAKE

Peggy Casteel

1 c. applesauce	1 tsp. baking powder
1 stick margarine	Nutmeg
2/3 c. sugar	Cinnamon
1 tsp. soda	Nutmeats
1 3/4 c. flour	Raisins

Melt margarine and applesauce. Add sugar and soda. Let cool. Add flour, baking powder, nutmeg, cinnamon, nutmeats and raisins. Bake at 350° for 45 minutes.

#### APPLESAUCE CAKE

Dottie Hann

1 c. butter	1 c. nuts
2 c. sugar	1 c. raisins
2 eggs	1 tsp. cinnamon
3 c. flour	1 tsp. cloves (ground)
2 tsp. soda	1 tsp. nutmeg
2 c. applesauce	
1/4 c. warm water	

Cream butter and sugar. Add unbeaten eggs; beat together. Add applesauce and warm water. Sift together flour, soda and spices; add to other mixture. Add nuts and raisins. Bake at 350° for approximately 1 hour in an 8x12 inch pan.

#### APPLESAUCE CAKE

Opal Lucia  
Ct. #1731

3 c. apple butter	1 tsp. cinnamon
2 c. sugar	1 tsp. allspice
1/2 c. chopped dates	1 tsp. nutmeg
1/2 c. chopped cherries	2 tsp. soda, dissolved in
1 c. shortening	2 Tbsp. boiling water
4 c. flour	2 c. chopped pecans
1/2 tsp. salt	

Cream together shortening, sugar, soda and apple butter. Mix well. Mix together flour, salt and spices; add to shortening mixture. Mix well, then add dates, cherries and pecans; again, mix well. Pour into greased and floured tube or Bundt cake pan. Bake at 325° for about 1 1/2 hours. Test for doneness with toothpick.

#### APPLE WALNUT CAKE

1 c. butter	1 tsp. cinnamon
2 c. sugar	1/4 tsp. mace
3 eggs	2 tsp. vanilla
3 c. flour	3 c. peeled, chopped apples
1 1/2 tsp. baking soda	2 c. chopped nuts
1/2 tsp. salt	

Cream the butter and sugar till fluffy. Add eggs; beat after each. Mix flour, soda, salt, cinnamon and mace. Add vanilla, apples and nuts. Batter will be thick. Spoon into tube pan. Bake at 325° for 1 1/2 hours or until done.

#### ARROZ CON LECHE

1 taza de arroz crudo y lavado.	2 litros de leche
1 rajita de canela	1 taza de pasitas sin semilla.
Azucar granulada la necesaria.	1 pedacito de cascara limon.

El arroz se pone a cocer en la mitad de la leche con la cascara de limon, se deja hervir a fuego suave hasta que el arroz este cocido; si fuera necesario agregarle mas leche, pero fria hasta agregarle todo el resto de la leche, la canela, el azucar y las pasitas, se deja hervir, un rato mas para que espese y se endulce. Se vacia en un refractario y si si desea espolvorearlo con canela molida.

#### BANANA CAKE

2 c. flour	1 1/2 c. sugar
1 tsp. baking powder	2 eggs
1 tsp. baking soda	2 bananas, mashed
1/2 tsp. salt	3/4 c. buttermilk (can use fresh)
3/4 c. butter	1 tsp. vanilla

Peggy Casteel

Sift dry ingredients into large mixing bowl. Add butter, sugar, bananas, buttermilk and vanilla. Beat for 2 minutes. Add 2 eggs and beat 2 minutes more. Pour into lightly greased and floured 8 or 9 inch cake pans. Bake at 375° F. for 30 minutes. Frost with your favorite frosting. Delicious also without frosting.

Variation: Can be cooked in one casserole dish or pan instead of 2 (8 inch) pans.

#### BANANA-MALLOW DESSERT

Florence Greenough  
Ct. #2017

1 large banana, sliced	1 (3 oz.) pkg. strawberry flavored gelatin
1 c. miniature marshmallows	2 c. ice cubes

Place banana slices and marshmallows in a serving bowl; set aside. Dissolve gelatin in boiling water. Add ice cubes and stir until gelatin begins to thicken, about 3 minutes. Remove any unmelted ice. Pour over bananas and marshmallows in bowl. Chill until set, about 30 minutes. Makes about 3 cups or 6 servings.

#### BANANA SPLIT CAKE

Susie Flores

1 1/2 c. graham cracker crumbs	1 egg
1/2 c. butter or margarine, softened to room temperature, divided	4 bananas, cut into halves lengthwise
1 c. confectioners sugar	1 (8 oz.) can crushed pineapple
1/2 c. chopped nuts	1 (8 oz.) bar cream cheese, softened to room temperature

In small bowl combine graham cracker crumbs and 1/4 cup butter; mix well. Press in bottom of a 9x9 inch baking pan. Bake in a 350° F. oven for 5 minutes. Cool. In small bowl combine confectioners sugar, egg and remaining 1/4 cup butter; beat until smooth. Spread sugar mixture on cooled crumbs. Place banana halves over sugar mixture. Drain pineapple, reserving 1/4 cup of the liquid. Sprinkle pineapple over bananas. In small bowl combine 1/4 cup reserved pineapple liquid and cream cheese; beat until smooth. Spread over pineapple. Top with chopped

nuts. Refrigerate for several hours or overnight. To serve, cut into squares. Yield: 12 servings.

### BESITOS

1/2 Kilo harina  
1/4 Kilo azucar  
1/4 Kilo manteca

Ma Refugio Carbajal  
Cd. Juarez, Chih., Mex.

2 Yemas  
1 Chucharadita royal.  
Azucar para polvase.

Se cierne la harina con azucar y royal, se hace un cerco, se le pone en el centro glas, yemas y la manteca, se amasa, se hacen bolitas, se espolvorean de azucar granulada y se hornean a horno moderado de 5 a 10 minutos en la IEM-TAPPAN.

### BIBINGKA (Rice Cake)

1 box Mutsiko (powdered sweet rice)  
3 eggs  
1 Tbsp. baking powder

E. S. Faeldog

2 c. water  
2 c. sugar  
1 can evaporated milk  
1 stick margarine  
1/2 c. grated coconut

Pour Mutsiko into bowl. Add eggs, sugar, milk, melted margarine, water and mix. Place in greased pan and sprinkle coconut over batter. Bake in a 350° oven for 30 minutes or until done.

### BISQUETS SUPREMOS

2 tazas de harina  
3 cucharaditas de royal  
1 pizca de sal

Ignacia Ch. de Villalobos.  
Cd. Juarez, Chih., Mx.

2 cucharaditas de azucar  
1/4 cucharada de cremor tartaro

Se le agrega una barra de mantequilla a los ingredientes secos, se corta la mantequilla con un tenedor o cortador de pasta hasta quedar granulosa, se junta con 2/3 de taza de leche se palotean y se cortan con un vaso o cortador de bisquests y se hornea a 350 grados por 20 min.

### BLUEBERRY TOPPED PIE

Opal Lucia  
Ct. #1731

1 (9 inch) pie shell,  
baked  
1 (8 oz.) pkg. cream  
cheese  
1 Tbsp. milk

1 env. Dream Whip  
1/2 c. powdered sugar  
Sliced bananas  
1 can blueberry pie  
filling

Mix together cream cheese and milk. Mix Dream Whip as directed. Add powdered sugar and mix with cream cheese mixture. Slice bananas to cover bottom of pie shell. Cover with cheese mixture and top with pie filling. Chill.

### BOLITAS DE NUEZ

Beda Santiesteban DeVillalobos  
Durango, Mexico

300 gramos de nuez  
molida  
1/2 Lata de leche,  
Nestle grande

300 gramos de azucar glass  
100 gramos de azucar  
granulada  
50 gramos de canela molida

Se revuelve el azucar glass con la nuez se le agrega la leche Nestle y se mezcla muy bien. Se hacen bolitas y en el azucar granulada con la canela se vuelve y se ponen en una charola forrada con papel encerado, se ponen a secar un dia para otro.

### BUNUELOS DE SALBURG

Ma. Socorro Trevizo V.  
Cd. Juarez, Chih. Mx.

3 huevos  
2 cucharaditas colmadas  
de azucar  
1 cucharadita de esencia  
de vainilla

1 cucharada colmada de harina  
1/2 cuchara de mantequilla  
(manteca o margarina)  
Azucar lustre (glas  
pulverizada)

Batir las claras a punto de nive. Mezclar rápidamente el azucar y la esencia. Mezclar una parte de este merengue con las yemas y luego con cuidado el resto. Verter encima la harina tamizada y unir con cuidado. Hacer 4 bunuelos con esta pasta y cocinarlos en un sarten con la mantequilla derretida. De todos los lados, hasta dorar, agregar mas mantequilla si hiciera falta luego ponerlos en el horn a 175° C. durante 5 min. Deben quedar interiormente cremosos. Al servirlos, calientes, esparcirles encima azucar lustre tamizada.

## BUTTERMILK CAKE

1 c. shortening (better to use butter, it makes the cake more creamier)  
2 c. sugar  
4 eggs

Denise Atkins

1/2 tsp. almond extract  
1/2 tsp. vanilla extract  
3 c. flour  
1/2 tsp. soda  
1/4 tsp. salt  
1 c. buttermilk

Beat all the ingredients till creamy. Spread in tube pan. Bake in oven set at 325° for 45 minutes or until knife inserted in cake comes out clean.

## CARROT CAKE

1 c. (2 sticks) butter, softened  
2 c. sugar  
4 eggs  
3 c. all-purpose flour  
2 tsp. baking powder  
1 tsp. cinnamon

Susie Flores

1/2 tsp. salt  
1/4 tsp. ginger  
1/4 tsp. nutmeg  
1 c. milk  
1 c. shredded carrots (2 large)  
1/2 c. chopped pecans  
1 tsp. vanilla

In large mixing bowl beat butter and sugar together until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir together flour, baking powder, cinnamon, salt, ginger and nutmeg. Add about 1/2 cup flour mixture to egg-butter mixture alternately with 1/4 cup milk. Repeat with all flour and milk. Blend in carrots, pecans and vanilla. Pour batter into greased, waxed paper lined 13x9x2 inch baking pan. Bake in a preheated 375° F. oven for 45-50 minutes or until done.

## CARROT-PINEAPPLE BUNDT CAKE

Bertha Fernandez  
CDA Ct. #1581

1 (8 3/4 oz.) can crushed pineapple  
3 eggs  
1 1/2 c. vegetable oil  
2 tsp. vanilla  
2 c. sifted cake flour  
1 c. whole wheat flour

1 tsp. baking soda  
2 tsp. ground cinnamon  
1 1/2 tsp. salt  
1 tsp. baking powder  
2 c. grated carrots  
1 1/2 c. chopped walnuts  
2 c. granulated sugar

Denise Atkins

1. Drain liquid from pineapple into large mixer bowl; reserve pineapple. Add eggs, oil and vanilla to liquid. Beat until mixed. Add flour, granulated sugar, baking soda, cinnamon, salt and baking powder. Beat on medium speed for 3 minutes. 2. Stir in reserved pineapple, the carrots and 1 1/2 cups walnuts. Pour into floured and greased 10 inch Bundt pan. Bake until wooden pick inserted in center comes out clean (about 1 1/2 hours). Cool in pan on wire rack 30 minutes. Remove cake from pan; cool completely on wire rack. 3. Make Cream Cheese Frosting: Beat 1 (3 ounce) package cream cheese, softened, and butter (2 tablespoons, softened, unsalted) in small mixer bowl until light and fluffy. Beat in 1 tablespoon vanilla, 1 teaspoon orange juice and 1/8 teaspoon ground cinnamon. Gradually beat in 1 1/2 cups sifted powdered sugar until smooth. 4. Place cake on serving platter. Spoon frosting over cake. Sprinkle with 2 tablespoons chopped nuts.

## CHEESE-CAKE COOKIES

Joanne Fay

1/3 c. butter, melted	1 tsp. lemon juice
1/3 c. brown sugar, packed	2 tsp. lemon rind
1 c. flour	1 tsp. vanilla
1/2 c. walnuts, chopped	2 Tbsp. milk
1/4 c. sugar	1 egg

\*Double recipe for a 9x13 inch glass pan.  
Preheat oven to 350° for an 8 inch square glass pan/metal pan. 1. Mix melted butter, brown sugar, flour and walnuts. 2. Remove 1 cup of mixture and reserve. 3. Press remainder of mixture evenly into bottom of pan. 4. Bake in a preheated 325° oven for 12-15 minutes. 5. Beat together cream cheese, sugar, egg, lemon juice, rind, milk and vanilla until well combined. When crust is baked, pour this mixture onto it. Sprinkle reserved crust over cream cheese mixture. Return to oven. Bake for 25 minutes.

\*May be frozen and cut when still semi-frozen/kept refrigerated. (Cut into 16, 25, 36 or 49 square pieces.) Sprinkle with confectioners sugar and serve in muffin size paper cups.

## CHEESECAKE CUPCAKES

Vanilla wafers  
2 (8 oz.) pkg. cream cheese  
3/4 c. sugar

Place 1 vanilla wafer in a muffin cup that has been lined with a paper liner. Mix together the rest of the items until smooth. Put cheese filling over wafer and fill half way. Bake at 375° for 10-15 minutes. Cool. Top with pie filling.

## CHERRY CAKE

1 c. sugar  
1 Tbsp. butter  
1 egg  
1 c. flour  
1 tsp. baking powder

## Topping:

Juice saved from cherries  
1 1/2 Tbsp. cornstarch

Cream together sugar and butter; add egg. Sift together flour and baking powder. Add dry ingredients to creamed mixture. Stir until blended. Mixture will be dry. Add cherries and nuts. Bake in greased 9x13 inch pan at 325° for 30 minutes. Cool cake and spread the whipped cream on top. Add the cherry juice topping made from juice saved from cherries. In a saucepan put juice, cornstarch and sugar. Cook mixture, stirring constantly, until thick. Cool and spread over whipped cream.

## CHERRY AND COCONUT CAKE

3 c. self-rising flour  
Pinch of salt  
12 Tbsp. (1 1/2 sticks) margarine

Peggy Casteel  
Opal Lucia  
Ct. #1731

1 tsp. vanilla  
1 tsp. lemon juice  
2 eggs

1 can pie cherries (drain juice and save)  
1 c. chopped nuts  
1/2 pt. whipped cream

1/2 c. sugar

Leona Devlin  
Ct. Mo. Cabrini

1 1/3 c. candied cherries  
2/3 c. shredded coconut  
3/4 c. sugar

2 large eggs  
1/2 c. + 2 Tbsp. milk

Granulated sugar

Butter a 7 1/2-8 inch round or square cake pan. Sift the flour and salt into a bowl and rub in the cut up margarine. Quarter the cherries; toss them in the coconut and add with the sugar to the flour, stirring lightly to combine. Beat the eggs and stir into mixture, together with enough milk to give a stiff, but dropping consistency. Turn the mixture into prepared pan; level the surface and dust with granulated sugar and bake in center of a preheated 350° F. oven for about 1 1/4 hours or until golden brown. Cool on wire rack.

## CHERRY CRISP

1 (#2) can cherries  
1/2 c. water  
1 c. sugar

3/4 c. flour  
7 Tbsp. butter

Butter baking dish. Blend cherries and water in a mixing bowl. Mix butter, sugar and flour together until the size of small peas. Spread mixture over top of cherries. Bake uncovered for 30-40 minutes at 400°.

## CHERRY CRUMBLE SQUARES

1 pkg. yellow cake mix  
1/4 c. butter, melted  
2 eggs  
1 can cherry pie filling

M. Brooks

1 pkg. coconut pecan frosting mix  
2 Tbsp. butter, melted

Combine cake mix, butter and eggs until dry ingredients are well mixed. Pat into a 13x9 inch pan. Grease on bottom only; top with cherry filling. Combine frosting mix with butter; sprinkle over cherries. Bake at 350° for 30-35 minutes. Cool and cut into squares.

## CHERRY PUDDING

1 (#2) can sour pitted  
cherries  
1 c. sugar  
1/2 tsp. salt  
1 Tbsp. cornstarch

Combine cherries, half of sugar, salt, cornstarch and lemon juice. Place in greased 2 quart casserole. Mix remaining ingredients with a pastry blender. Place on top of fruit mixture. Bake uncovered. Serves 6.

### CHERRY TARTS (Diet Recipe)

1/4 c. sifted flour  
1/2 tsp. salt  
3 Tbsp. ice water  
(approx.)  
1 Tbsp. sweetener or  
24 tablets

Combine flour and salt in a small mixing bowl. Cut in shortening. Add water and blend. Roll on lightly floured board. Cut 4 inches in diameter circles and place in a very hot oven ( $450^{\circ}$ ) from 10-15 minutes, until golden brown. Drain cherries, reserving the juice. Place cornstarch in small saucepan. Add cherry juice, a little at a time, together with sweetener. Cook over low heat until thick. Remove from heat and add almond extract. Cool. Place drained cherries in cooled tart shells. Pour the cool cherry juice over shells for glaze.

## CHERRY TARTS

1 recipe Cream Cheese Pastry	1/2 c. chopped California walnuts
1/2 c. commercial cherry preserves, cut up	1 tsp. grated lemon peel

Chill Cream Cheese Pastry for 3-4 hours. Mix preserves, nuts and peel. Divide dough in half. On lightly

Connie Braden  
Court #1731

1 Tbsp. lemon juice  
1/2 c. all-purpose flour  
1 tsp. grated lemon rind  
1/4 c. butter or margarine

floured surface roll each half to a 12x10 inch rectangle, 1/8 inch thick. Cut each into 20 (2 1/2 inch) squares. Place 1/2 teaspoon preserves in center of each square. Moisten edges; fold in triangles. Seal edges with a fork. Bake on ungreased cooky sheet at 375° for 12 minutes. Dust with confectioners sugar. Makes 40.

## CHERRY AND WALNUT ICE CREAM

Kathleen Ward  
CDA Ct. #2017

1/2 gal. vanilla base for ice cream	2 c. fresh or frozen cherries
1/2 c. rum	2 c. walnuts

Place all ingredients in the ice cream maker and mix until firm.

Variation: Can mix blueberries and cherries.  
(Vanilla base can be obtained at the local dairy.)

## CHOCOLATE CHEESECAKE

R. Crail  
#2017

Graham cracker crust  
1 can chocolate flavor  
ready-to-spread frosting

1 c. creamed cottage  
cheese (small curd)  
1 c. dairy sour cream

Firmly press graham cracker crust into square pan, 9x9x2 inches, reserving 3 tablespoons for topping. In small mixer bowl combine 1 can chocolate frosting, cottage cheese and sour cream. Beat on high speed until well blended, about 1 minute. Pour into prepared pan; sprinkle with reserved crumbs. Freeze overnight. (9-12 servings)

## CHOCOLATE FROSTING

LeAura Barker

1/4 c. milk  
1/4 c. butter  
1 tsp. vanilla

2 1/2 c. sifted confectioners  
sugar  
6 oz. pkg. semi-sweet  
chocolate chips

Combine milk and butter in saucepan; bring to a boil. Remove from heat. Blend in chocolate morsels. Stir in vanilla extract and confectioners sugar. Beat until of spreading consistency. If necessary, thin with a few drops of milk.

### CHOCOLATE ICING

1/2 c. butter, whipped  
1 lb. box confectioners sugar

1-2 sq. Baker's chocolate, melted  
1 tsp. vanilla

Add sugar slowly to butter, blending well. Add melted chocolate squares. Beat until light and fluffy. If too thick after adding vanilla, thin by adding softened butter in very small amounts.

Alice Unger

### CHOCOLATE SHEET CAKE

2 c. sugar (less 3 tsp.)  
2 c. flour + 3 Tbsp.  
2 sticks oleo  
4 Tbsp. cocoa  
1 c. water

1/2 c. buttermilk  
1/2 tsp. soda  
2 beaten eggs  
1 tsp. vanilla

Mix oleo, cocoa, water in saucepan and bring to a boil. Pour over sugar and flour; mix well. Add buttermilk, soda, eggs and vanilla and mix well. Batter will be thin. Bake in greased 9x13 inch pan in a 350° oven for 35 minutes.

Frosting - Mix in saucepan:

1 stick butter                          4 Tbsp. cocoa  
1/3 c. milk

Bring to a boil. Remove from heat and beat in:

1 box powdered sugar                1 tsp. vanilla  
1 c. pecans

Spread over the cake while it is still hot. Stays moist for days. Men love it.

### CHOCOLATE TRUFFLES

Florence Greenough  
Ct. #2017

1 c. semi-sweet chocolate bits (6 oz. pkg.)  
3 Tbsp. unsalted butter  
1 egg yolk, beaten

Finely chopped nuts, colored sugar or sprinkles for decoration  
1/3 c. confectioners sugar  
1 tsp. vanilla extract

In top of double boiler melt chocolate and butter over hot, not boiling, water, stirring occasionally until smooth. Remove from heat. Let cool at room temperature for 5 minutes. Slowly stir in egg yolk then add sugar and vanilla and stir until smooth. Refrigerate until firm enough to handle. Form a teaspoonful of mixture into a 1 inch ball. Continue shaping remaining chocolate. Roll in nuts, colored sugar or sprinkles. Store in tightly covered container in refrigerator up to 1 week or wrap and freeze up to 3 months. Yields about 2 dozen.

### CHONGOS ZAMORANOS

Bertha Aguilera  
Juarez

400 gramos de azucar  
3 yemas  
2 litros de leche cruda

2 pastillas para cuajar  
Unas rajas de canela.

En un poco de leche se deshacen las pastillas para cuajar y luego se mezcla esto con el resto de la leche; se agregan las yemas, se cuela todo y se coloca cerca del fuego, dandole vuelta para que la leche cuaje parejo. Una vez que ha cuajado por entero, con un cuchillo se corta en grandes cuadros, se incorpora el azucar, se le encajan las rajitas de canela y se pone a fuego directo. Se deja hervir a fuego lento hasta que espese la miel.

### CHRISTINA CAMPBELL'S TAVERN RUM CREAM PIE

Gerry Sand

1 env. unflavored gelatin  
5 egg yolks  
1 c. sugar  
1/3 c. dark rum

1 1/2 c. whipping cream  
Unsweetened chocolate  
Crumb crust

Soften gelatin in 1/2 cup cold water. Place over low heat and bring almost to a boil, stirring to dissolve. Beat egg yolks and sugar until very light. Stir gelatin into egg mixture; cool. Gradually add rum, beating constantly. Whip cream until it stands in soft peaks and fold into gelatin mix. Cool until mix begins to set then spoon into crumb crust and chill until firm enough to cut. Grate unsweetened chocolate over top.

## CHRISTMAS COOKIES

R. Crail  
#2017

1/2 c. butter or margarine	2 c. sifted all-purpose flour
1 c. sugar	1 tsp. baking powder
1/2 tsp. vanilla	1/4 tsp. salt
1 egg, unbeaten	

Cream butter to consistency of mayonnaise. Add sugar gradually while continuing to cream. Add vanilla and beat; beat until light. Mix and sift flour, baking powder and salt; blend in. Chill several hours or until firm enough to roll. Roll out about 1/4 at a time on lightly floured board or canvas to 1/8 inch thickness. Cut into Christmas shapes. Make a hole with a skewer at the top of each cookie so that a ribbon can be put through after baking, if desired. Bake at 325° for 12-15 minutes. Cool on racks. Makes approximately 3 1/2-4 dozen assorted cookies. When cool decorate with pressurized frosting in Christmas colors, using appropriate tips. Finish with cinnamon "red hots", candy sprills, colored sugar, dragees, tiny gumdrops, striped peppermint drops, leaves and stems cut from green gum-drops, etc.

## CHRISTMAS HOLLY LEAF

Cindy Jeffrey

35 large marshmallows	2 tsp. green food coloring
1 stick butter or margarine	1/2 tsp. vanilla
	3 c. corn flakes

Mix the marshmallows, butter, vanilla and green food coloring together and melt in a large pan. Place the corn flakes in a large bowl and pour the above mixture over them, stirring until all the flakes are coated. They will be bright green color. On a sheet of waxed paper arrange the flakes into holly leaf shapes and place 2 or 3 red candies in center of 2 leaves, or at the end of 1 leaf. Let stand until firm. Serve and enjoy!

## CREAMY GELATIN SALAD

8 oz. cream cheese  
6 oz. box strawberry jello  
2 (1 lb.) cans fruit for salad, drained

Softens cream cheese; blend with dry jello until creamy. Add 1 cup boiling water, reserved liquid, mixing well. Add fruit, nuts, marshmallows. Place in bowl or jello mold. Chill. (Cherry jello may be substituted for strawberry, using almonds instead of black walnuts.)

## CREMA DE VAINILLA

1 litro de leche  
2 cucharadas de maizena.  
Azucar granulada al gusto

Se pone a hervir la leche con el azucar y la maizena previamente disuelta en una poquita de leche fria, se pone a fuego lento moviendo constantemente para que no se haga bolas y ya que se vea el fondo del cazo, se le ponen las yemas previamente batidas y revueltas con media taza de leche fria y coladas, se echan de poquito en poquitos moviendo rapidamente para que se incorporen y no se hagan grumos; ya todas incorporadas se dejan hervir unos minutos mas, se retiran de la lumbre se siguen batiendo hasta que este casi frio. Se vacia en un platon y se espolvorea con canela.

## CREPAS DULCES

1 1/4 de taza de harina  
2 Cucharadas de azucar  
1 Pizca de sal

Se bate igual que la anterior, se le puede agregar ron, limon vainilla almendra, o el sabor que se guste.

## Alice Unger

1 c. liquid from fruit  
1 c. miniature marshmallows  
1 c. black walnuts

Marina Orozco T.  
Cd. Juarez, Chih.

3 Huevos  
1 1/4 taza de leche  
2 Cucharadas de mantequilla

## CROQUETAS DE MAIZ

4 Huevos  
1/2 Taza de aceite  
10 Cucharadas de harina de trigo

Para freir: Se necesitan 6 cucharadas de aceite. Para espolvorear, 4 cucharadas de azucar y media cucharadita de canela molida.

Se mezclan bien los huevos, la leche y la harina, hasta que se conviertan en una masa lisa para panquecitos. Se pone a sazonar con la ralladura y el jugo de limon, mas el azucar. Se agrega el maiz escurrido. En un sarten se calienta el aceite y se frien croquetas pequenas. Cuando todavia estan calientes, se les espolvorea el azucar y la canela.

En esta receta no se menciona para nada la sal. Asi que ya tenemos aqui algo muy sabroso y que a nadie le hara dano; pero si a tu familia no le gustan las comidas muy dulces, en lo que vas a freir agregale un poquitin de cebolla molida, mezclada con un pedacito de chile poblana (tambien molido, junto con la cebolla). Y, en lugar de hacerlas con azucar, pon la sal al gusto y espolvorealas con un poco de pan molido. En este caso, suprime tambien la canela.

## CRUNCHY CRUST BLUEBERRY SWIRL PIE

Martha Castillo

## Crust:

1/2 c. butter  
3/4 c. flour  
1/2 c. Quaker oats

1/2 c. chopped nuts  
2 Tbsp. sugar

## Filling:

1 (3 oz.) pkg. lemon jello  
1/2 c. boiling water

1 (21 oz.) can blueberry pie filling  
1/2 c. sour cream

Preheat oven to 400°.

Crust: Melt butter and stir in dry ingredients.

## Rita H. Cisneros

Cd. Juarez Chih., Mx.

2 Cucharades de azucar  
1 Limon, jugo de y cascara de  
1 Lata maiz (elote) (o granos de 6 elotes tiernos, medianos).

Mix and put in pie pan. Bake for 12-15 minutes. Cool.

Filling: Dissolve gelatin in boiling water. Stir in blueberry filling and chill until thickened. Pour into pie crust. Spoon sour cream by the tablespoon into the filling with swirls. Top with whipping cream or dab of sour cream and nuts.

#### DATE COOKIES

1 1/2 c. flour  
1 c. brown sugar  
1 c. melted butter  
1/2 tsp. soda

##### Filling:

1 (6 oz.) pkg. cut up dates  
1 c. water

Mix flour, sugar, butter, soda, oatmeal and nuts together until crumbly; set aside. Mix dates, water, vanilla and sugar together. Boil until the consistency of jam. Pat 1/2 of dry mixture into waxed paper lined pan. Add filling. Pat on remaining half of dry mixture. Bake for 45 minutes in a 350° oven. Cool; cut into squares and roll in powdered sugar.

#### DATE LOAF

1/2 c. Karo syrup  
3 c. white sugar  
1 1/2 c. brown sugar  
2 small cans milk  
Salt

Blend Karo syrup, sugars, milk, salt and butter; cook to soft ball stage and beat until thick. Add vanilla, dates and nuts. Roll in damp cloth and let cool.

Opal Lucia  
Ct. #1731

1 1/2 c. quick cooking oatmeal  
1 c. chopped nuts

1 tsp. vanilla  
1 c. sugar

Opal Lucia  
Ct. #1731

1 stick butter  
1 Tbsp. vanilla  
2 pkg. pitted dates  
1 lb. chopped nuts

#### DELICIOUS RUM CAKE

1 box yellow cake mix  
1 (3 3/4 oz.) pkg. instant vanilla pudding  
4 eggs

1/2 c. oil  
1/2 c. rum  
1/2 c. water  
1/2 c. chopped nuts

##### Sauce:

1/4 c. water  
1/4 c. rum

1/2 c. margarine  
1 c. sugar

Mix together all ingredients except nuts. Beat mixture 2-3 minutes, using an electric mixer. Place chopped nuts in bottom of a well greased tube or Bundt pan. Pour batter on top of nuts. Bake at 350° for 50-55 minutes.

Sauce: Boil above ingredients together 2-3 minutes. Pour cooked mixture over cake when it is done. Let the cake stand for 30 minutes before turning upside down on a serving plate.

#### A DIFFERENT KIND OF COCONUT PIE

Flo Greenough  
CDA Ct. #2017

2 c. milk  
3/4 c. sugar  
1/2 c. biscuit mix  
4 eggs

1/4 c. butter or margarine  
1 1/2 tsp. vanilla  
1 c. coconut flakes

In an electric blender container combine the milk, sugar, eggs, biscuit mix, butter and vanilla. Cover and blend on low speed for 3 minutes. Pour into greased 9 inch pie plate. Let it stand for about 5 minutes then sprinkle with coconut. Bake at 350° F. for 40 minutes. Serve either warm or cool.

#### DOUBLE FUDGE BROWNIES

1 1/2 c. flour  
1/2 tsp. baking soda  
2 tsp. vanilla  
4 eggs  
1 c. chopped nuts

1 (12 oz.) pkg. semi-sweet chocolate morsels  
1/2 tsp. salt  
2/3 c. butter  
1/4 c. water

Preheat oven to 325°. In small bowl combine flour,

baking soda and salt. In small saucepan combine butter, sugar and water; bring just to a boil. Remove from heat. Add chocolate bits and vanilla. Stir until bits melt and mixture is smooth. Transfer to a large bowl. Add eggs, one at a time, beating well after each addition. Gradually blend in flour mixture. Stir in nuts. Spread into greased pan. Bake for 50 minutes.

#### DUMP CAKE

1 box white or spice cake mix  
1 can fruit (crushed pineapple, sliced peaches or fruit cocktail)

Into a well buttered baking pan, about 9x12 inches, dump can of fruit, juice and all. Sprinkle dry cake mix over the fruit. Dot margarine on the cake mix, also, nuts and cinnamon. Place in a 350° oven for 30-40 minutes. Cool, cut into squares. Serve topped with scoop of ice cream.

#### EASY FRUIT CAKE

1 pkg. yellow cake mix  
1/2 c. applesauce  
4 eggs, unbeaten  
1 tsp. salt  
1 tsp. lemon extract  
2 c. chopped dates  
1/2 lb. candied cherries

Empty cake mix into bowl. Add applesauce, eggs, salt and extract. Beat until smooth and creamy. Combine fruits and nuts. Mix well with the flour. Stir into batter. Line 2 (8x4x3 inch) loaf pans with waxed paper. Grease well. Pour batter into pans. Bake in a slow oven (275°) about 2 3/4 hours. Place cakes, still in pans, on cake racks until thoroughly cooled. Remove from pans, leaving paper attached to cakes. Wrap cakes and store in refrigerator until ready to use.

Ruth Crail  
CDA Ct. #2017

1 stick margarine/butter  
1 c. chopped nuts  
Cinnamon (optional)

Ruth Mitchell

1/2 lb. candied pineapple  
(1 lb. candied fruit cake mix may be used instead of cherries and pineapple)  
4 c. chopped walnuts or pecans  
3/4 c. flour

#### 8-MINUTE LIGHT 'N FRUITY PIE

1 (3 oz.) pkg. Jell-O gelatin (any flavor)  
2/3 c. boiling water  
2 c. ice cubes  
Fruit (optional)

3 1/2 c. or 8 oz. container Cool Whip non-dairy whipped topping, thawed  
8 or 9 inch graham cracker crumb crust

Completely dissolve gelatin in boiling water, stirring about 3 minutes. Add ice cubes and stir constantly until gelatin is thickened, about 2-3 minutes. Remove any unmelted ice. Using wire whip, blend in whipped topping then whip until smooth. Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into pie crust. Chill for 3 hours. Suggested fruits: 1 cup diced, peeled, pitted fresh peaches or apricots; 1 cup fresh raspberries or blueberries; 1 cup diced orange sections or fresh strawberries or bananas.

#### ENCANELADAS

Vicenta Benevente G.  
Cd. Juarez, Chih., Mx.

1 1/2 taza de azucar granuladas.  
2 1/3 de tazas de harina cerinda tres veces.  
1 cucharada de royal.

1 1/2 taza de mantequilla o manteca de cerdo.  
3 huevos frescos.  
1 taza extra de azucar revuelta con bastante canela en polvo.

Se cierne la harina, el royal y la azucar en una tabla para amasar, revolviendo bien estos ingredientes y haciendo en medio de ellos una fuente para poner los huevos enteros. La manteca, se amasa con una espátula de madera, --procurando no amasar mucho, simplemente incorporar, debe quedar una pasta tersa y suave; luego se extiende con el palote del grueso de un centimetro, se cortan las galletas - con las figuras que se deseen y se meten al-horno caliente a 350° unos diez o quince minutos, ya cocidas se sacan y calientes se espolvcean con el azucar mezclada con la canela.

Susie Flores  
Court #2017

## FLAN

4 huevos  
1 lata de leche  
condensada grande  
1 taza de leche fresca

Antonienta M. De Esquinca.

1/2 Taza de azucar  
granulada.  
Unmolde redondo

Modo de hacerse. Se baten los huevos junto con las claras se agrega la leche condensada y se vuelve a batir bien se incorporaa la leche fresca y se vuelve a batir. El azucar se pone en el molde a calentar a punto de caramelo y se procura que quede untado el molde, se agrega la leche batida. Se mete al horno en un recipiente con agua. (Bano maria) y se mete al horn a 400 grados hasta que cuaje. (una media hora) Puede agregarse para decorar o variar nueces, ciruela pasa, datiles, cerezas o almendras.

## FLAN DE QUESO

1 1/2 taza de queso  
tipo cottage  
1/4 cucharadita de nuez  
moscada en polvo  
1/4 cucharadita de canela  
en polvo

Dina A. Corella

4 cucharadas de mantequilla  
derretida  
4 cucharadas de leche  
3 huevos  
1 taza de azucar

En un tazon se baten y mezcla bien el queso, la azucar la mantequilla, la leche y los huevos, se pasa a una flanera previamente engrasada, se les rocian las especias mezcladas y se pone a bano Maria en el horn a fuego mediano (375°) por espacio de veinticinco minutos. Se sirve con jerez dulce rociado.

## FLORECITAS DE MAIZENA

375 gramos maizena  
4 yemas  
100 gramos mantequilla

Ma. Socorro V. de Trevizo.  
Cd. Juarez, Chih., Mx.

100 gramos azucar  
1 cucharadita de esencia  
de vainilla.  
Leche la necesaria.

Se baten las yemas, se les pone la mantequilla y el azucar, se bate - 10 minutos, se les pone la maizena, una poca de leche y la esencia. Se pone la pasta con duya

rizada en hojas engrasadas. Se hornean 10 minutos en horn a 350 grados en la rejilla de arriba.

## FRESH APPLE CAKE

Opal Lucia  
Ct. #1731

2 c. sugar	1 1/2 tsp. soda
1 1/4 c. Wesson oil	2 tsp. vanilla
1 tsp. salt	1 c. chopped nuts
2 eggs	3 whole apples, peeled and sliced fine

Mix sugar, oil, salt, eggs, flour, soda and vanilla; when thoroughly mixed, add nuts and apples. Bake in greased and floured angel food pan at 350° for 1 1/4 hours.

## FRUIT COCKTAIL CAKE

Cecilia S. Baeza  
Ct. #2017

1 1/2 c. sugar	1 (#303) can fruit cocktail
2 tsp. soda	2 c. flour
	2 eggs

Sift dry ingredients and mix. Add eggs and fruit. Mix until flour has moistened. Pour into a greased 2 quart Pyrex baking dish. Bake for 40 minutes at 300°.

## FRUIT 'N PUDDING CRISP

Peggy Casteel

2/3 c. all-purpose flour	1 (4 serving size) pkg. dry butterscotch or vanilla pudding mix (not instant)
1/2 c. quick-cooking oats	2-3 c. drained canned peaches, pears, apples or apricot halves or slices (re- serve 1/4 c. syrup)
1/2 c. chopped nuts	1/4 c. brown sugar
1/4 c. sugar	
1/2 tsp. salt	
1 tsp. cinnamon	
1/2 c. butter or mar- garine, melted	

Combine fruit, 1 tablespoon dry pudding mix, brown sugar and 1/4 cup fruit syrup in ungreased 1 1/2 quart round casserole or 8 inch baking pan. Set aside. Lightly spoon flour into measuring cup; level off. Combine flour,

oats, nuts, sugar, salt, cinnamon, dry pudding mix and butter in large mixing bowl until well blended and crumbly. Sprinkle over fruit mixture. Bake at 350° for 45-50 minutes until deep golden brown and bubbly. Serve warm with ice cream or whipped cream.

#### FROZEN PEANUT BUTTER PIE

Linda Castillo	
2 (3 oz.) pkg. cream cheese, softened	1 (9 oz.) carton frozen whipped dessert topping, thawed
1 c. sifted powdered sugar	8 inch graham cracker pie shell
1/2 c. peanut butter	1/4 c. chopped peanuts
1/2 c. milk	

In small mixer bowl beat cream cheese and sugar until fluffy. Add peanut butter; beat well. Gradually beat in milk. Fold in dessert topping. Pile into pie shell. Sprinkle with peanuts. Freeze until firm.

#### FRUIT CAKE

Opal Lucia Ct. #1731	
2 c. sugar	1/2 c. buttermilk
4 eggs	2 c. chopped pecans
2 sticks margarine	1 small can coconut
4 c. flour (reserve 1/2 c.)	2 (8 oz.) pkg. dates
1/2 tsp. salt	4 oz. candied cherries
1 tsp. soda	4 oz. candied pineapple

Cream together margarine and sugar. Add eggs, one at a time, beating well after each. Add soda to butter-milk, salt to flour and add alternately to creamed mixture. Add remaining ingredients, floured with reserved 1/2 cup. Bake in a greased tube pan at 275° for 1 1/2-2 hours. Remove from oven and cool in pan for 20 minutes.

#### FUDGE RIBBON CAKE

LeAura Barker	
2 Tbsp. butter	3 eggs
8 oz. cream cheese	2 Tbsp. + 1 1/3 c. milk
2 1/4 c. sugar	1 1/2 tsp. vanilla extract
1 Tbsp. cornstarch	2 c. flour

1 tsp. salt  
1 tsp. baking powder  
1/2 tsp. soda

1/2 c. butter (room temperature)  
4 env. Nestle Choco-bake

Oven: 350°. (13x9 inch cake)

Cream 2 tablespoons butter with cream cheese, 1/4 cup sugar and cornstarch. Add 1 egg, 2 tablespoons milk and 1/2 teaspoon vanilla extract. Beat at high speed of mixer until smooth and creamy. Grease and flour bottom of pan. Combine flour with 2 cups sugar, salt, baking powder and soda in large mixing bowl. Add 1/2 cup butter and 1 cup milk. Blend well at lowest speed of mixer. Beat for 1 1/2 minutes at low speed. Add 1/3 cup milk, 2 eggs, Choco-bake and 1 teaspoon vanilla extract. Continue beating 1 1/2 minutes at low speed. Spread 1/2 of batter in pan. Spoon cheese mixture over batter. Top with remaining batter. Bake for 50-60 minutes. Cool and frost.

#### FUDGE SUNDAE PIE

6 oz. semi-sweet chocolate chips	1 small can evaporated milk
2 c. miniature marshmallows	1/2 gal. vanilla ice cream
1 tsp. vanilla	Vanilla wafers
	Chopped nuts

Melt together the chocolate chips, marshmallows, milk, vanilla. Soften slightly the vanilla ice cream. Layer as follows: Line bottom and sides of oblong cake pan with vanilla wafers. Put in 1/2 of the ice cream and 1/2 of the sauce. Repeat process, ending with sauce and top with chopped nuts.

#### GALLETAS DE ANIMALITOS

2 1/2 tazas de harina cernida.	3/4 taza de azucar morena.
1/2 taza de azucar granuladas.	3 huevos.
1 cucharadita de sal.	1 cucharadita de extracto de vainilla o de almendras
1/2 cucharadita de Royal	3/4 de taza de mantequilla.
	2 tazas de avena.

Ana. M. B. de Benavente  
Cd. Juarez, Chih., Mx.

Se cierne la harina con el royal, el azucar y la sal, luego se le anade el azucar morena, los huevos batidos y el extracto - mezclando todo bien y luego la avena amasando poco a poco con los dedos.

Se cortan las galletas con figuras de animalitos y se meten al horno caliente a---350°. - Ya frias se cubren con un betun de fondant, previamente pintado del color vegetal que se deseé y con chocolate derretida en baño de maría se les hacen los ojos,--la nariz y la boca de animalitos.

#### GALLETAS DE CORN FLAKES

2 Tazas corn flakes  
1/2 Taza coco rallado.  
1/2 taza azucar.

Ma Refugio Carbajal  
Cd. Juarez Chih., Mx.

2 Claras  
1 Cucharadita esencia de vainilla.

Se baten las claras a la nieve, se le pone el azucar, una poquita de sal; el coco rallado y la vainilla, se incorporan con mucho cuidado los corn flakes.

Se ponen cucharaditas en hojas de horna engrasadas y enharinadas a horno en su IEM-TAPPAN a 300 grados por 5 o 10 minutos.

#### GALLETAS DE NUEZ

1/2 taza de mantequilla  
1 taza de azucar morena  
2 huevos frescos.  
1 1/2 taza de harina cernida tres veces.  
1 cucharadita de royal  
Un puntito de sal.

Ma. Socorro Trevizo V.

1/2 taza de dátiles finamente picados y deshuesados.  
1/2 taza de pasitas picadas  
1/4 de taza de piñones  
1/4 de taza de nueces finamente picadas  
1 cucharadita de extracto de maple.

Se crema la mantequilla y se le agrega el azucar sin dejar de batir, debe esponjar, se agregan los huevos uno en uno, luego harina cernida con royal y sal, al final las frutas (con estas no se bate) solo se incorporan. Se extiende en una tabla de amasar y se deja de 1 cm. de grueso, se cortan barritas medianas se ponen en una charola engrasada y enharinada, toda la noche se guardan en el refrigerador, luego se ponen al horno caliente (350°) que estén doraditas.

#### GALLETAS FRITAS

1 taza de harina  
1 cucharadita de royal  
2 cucharadas de azucar.  
1 pizca de sal  
Azucar granulada la necesaria y canela en polvo

2 huevos  
2 cucharadas de mantequilla  
Manteca o aceite para frier el necesario  
Lecha la necesaria - para incorporar.

Se pone en una tabla de amasar la harina y se le hace una fuente en medio donde se ponen todos los ingredientes, menos el azucar granulada para espolvorear y aceite para freir. Se amasa todo y se extiende con el palote del grueso de un cm. Se cortan con rizador redondo, se freen en la grasa muy caliente y bastante para que se cubran completamente. Ya doraditas se sacan y se espolvorean con el azucar y la canela.

#### GELATINA DE CAJETA

1 Frasco de cajeta envinada de 1/2 lto.  
100 grms de azucar  
50 grms. de grenetina disuelta en 2 tazas de agua fria

Guadalupe Orozco Truax.  
1 Lata grande y una chica de leche del clavel y lo mismo de agua.-

Se pone a calentar el agua con azucar, cuando suelta el hervor se agrega la grenetina y cuando este bien disuelta se saca de la lumbre y se agrega la cajeta, la leche y se revuelve muy bien y se pone en un molde.-

#### GELATINA DE VINO TINTO

1 Caja de gelatina de framboesa  
1 taza de agua

Tity P. de Lopez.-  
1/3 de taza de vino tinto  
2 cucharadas de azucar

Se disuelve la gelatina con el azucar en el agua caliente y enseguida se le agrega el vino tinto, ya que esta cuajada se corta en cuadritos y se sirve bañada con crema.

## GLAZED APRICOT PIE (Diet)

Magda Mireles  
CDA Ct. #1581

1 1/2 tsp. unflavored gelatin  
1/4 c. sherry  
1 c. dietetic apricot preserves  
Pinch of salt

Soften unflavored gelatin in cold water. Combine preserves, sherry, sweetener and salt. Bring to a boil. Remove from heat and stir in gelatin until dissolved. Cool mixture until it begins to set. Drain apricots and place in pie shell.

## GUSANOS DE SEDA

Ma. Refugio Carbajal  
Cd. Juarez Chih., Mx.

625 gramos de Maizena  
250 gramos mantequilla  
250 gramos azucar

Se bate la mantequilla con el azucar a acremar, se le ponen los huevos - uno a uno batiendolo fuertemente se incorpora la maizena y el royal. Se pone la pasta en hojas engrasadas con duya rizada a formar gusanitos. Se hornean a horno medio durante 20 a 25 minutos.

## HARVEY WALLBANGER CAKE

Opal Lucia  
Ct. #1731

1 box orange cake mix  
1 pkg. instant vanilla pudding  
1/2 c. oil

## Glaze:

1 c. powdered sugar  
1 Tbsp. vodka

3/4 c. orange juice  
4 eggs  
1/4 c. vodka  
1/4 c. Galliano

Mix cake mix, pudding, oil, orange juice, eggs, one at a time, vodka, Galliano and bake at 350° for 45-50'

minutes. Cool 10 minutes. Remove from pan. Glaze while warm with powdered sugar, vodka, Galliano and orange juice.

## HELADO DE MANGO

Rita H. Cisneros

1 Kilo de Mango de Manila (pulpa)  
4 Claras

1 Lata de Leche Condensada Nestle  
25 Gramos de azucar pulverizada

Paseese por un colador la pulpa del mango y la Leche Condensada Nestle. Pongase a cuajar en el refrigerador o en una nevera.

Cuando empiece a cuajar, incorporense las claras batidas a punto de turron, agregandoles el azucar. Dejese cuajar y decorese con rebanadas de mango o membrillo.

## ICEBOX FRUIT CAKE

Opal Lucia  
Ct. #1731

1 pt. heavy cream  
1 lb. marshmallows, cut fine  
2 (1 lb.) boxes graham crackers, rolled fine

3 lb. nuts, broken up  
2 lb. mixed fruit (cherries, pineapple), cut fine  
1 lb. dates cut fine

Mix marshmallows and cream; chill for 24 hours. Add graham crackers to marshmallow mixture, 1 cup at a time, then add fruit and nuts. Pack in 2 graham cracker boxes. Refrigerate for 3 weeks before cutting.

## JELLO CAKE

K. Castillo  
Ct. #2017

1/4 c. water  
8 oz. sour cream  
2 eggs

1 yellow cake mix  
1 pkg. raspberry jello

Mix together the first 4 ingredients to make cake batter. Pour 1/3 of the batter into a greased and floured cake pan (13x9 inches). Sprinkle with 1/2 of the dry jello mix. Pour in another 1/3 of batter and sprinkle with the remaining jello. Pour remaining batter over jello. Bake at 350° F. for 45-50 minutes. Cool for 5 minutes.

## JOHNNY CAKES

P. Carteel

1 c. white corn meal  
1 tsp. salt  
1 c. boiling water  
2 Tbsp. melted butter

1 c. buttermilk  
1 egg, slightly beaten  
1/4 c. all-purpose flour  
1/4 tsp. baking powder

Combine corn meal and salt. Stir in boiling water and melted butter slowly. Cover; let stand for 10 minutes. Stir in buttermilk and egg. Combine flour, baking soda; stir in quickly. Bake on well greased griddle over medium heat, using a tablespoonful of batter for each cake. Stir batter often and keep griddle well greased. When golden brown underneath, turn to brown other side. Serve at once. Makes 4 dozen small, thin cakes.

## LAYERED BLUEBERRY DELIGHT

Florence Greenough  
Ct. #2017

14 whole graham crackers  
1 (6 serving size) pkg.  
vanilla instant pudding

1 c. thawed Cool Whip  
1 (21 oz.) can blueberry  
pie filling

Line a 9 inch square pan with the whole graham crackers, breaking some crackers if necessary. Prepare pudding mix as directed on package. Let stand 5 minutes then blend in whipped topping. Spread half the pudding mixture over the crackers. Add another layer of crackers; top with remaining pudding mixture and remaining crackers. Spread pie filling over the top layer of crackers. Chill for 3 hours. Makes 9 servings.

## MAMONCITOS MINIATURA

Ma. Refugio Carbajal.  
Cd. Juarez, Chih., Mx.

100 gramos harina  
100 gramos azucar  
100 gramos mantequilla  
1/2 taza de leche  
2 huevos

1 cucharadita esencia de  
vainilla  
1/2 cucharadita royal.  
Moldecitos de papel.  
Gragea o azucar para  
espolvorearlos.

Se bate la mantequilla con el azucar, Los huevos y la esencia, se agrega la harina cernida con el royal, se

bate fuerte para que esponje, se le pone leche si queda reseca. Se pone con duya rizada en los moldecitos a la mitad; se les pone gragea o azucar, se ponen en hojas de horno y se hornean a horno moderado 10 minutos.

## MANZANITAS

Ma. Socorro V. Trevizo.

1/4 kilo mantequilla  
125 gramos azucar glas

1/4 kilo harina  
Clavos de olor, los  
necesarios.

Se acrema la mantequilla, se le incorpora el azucar que se habra molido con tres clavos de olor, por ultimo la harina cernida tres veces.

Se hacen bolitas en forma de manzanas, se le pone a cada una un clavo en el centro, se ponen en hojas ligeramente engrasadas y se hornean--calientes se espolvorean con azucar glas pasandolas por un cernidor.

## MANZANAS AL HORNO

Terese B. Vde. de Santillan

Manzanas 6 grandes  
Margarina 1/4 de taza  
Pan molido 1/4 de taza  
Azucar 4 cucharadas

Nueces 1/4 de taza  
Agua 1 cucharada  
Margarina 6 cucharadas.

Se pelan las manzanas y se les quita el corazon con cuidado para no romperlas; se untan con la margarina y se revuelcan en el pan mezclado con el azucar (2 cucharadas) el resto de la azucar se-mezcla con las nueces y unas gotas de agua para hacer una pasta, con lo que se rellenen las manzanas, poniendoles arriba un poquito de margarine, se colocan en una cacerola y se cubren, para meterlas al horno caliente (350 grados), durante 40 minutos. Se-dejan otros 30 minutos, pero ya sin tapar, hasta que esten suaves.

## MAZAPANES DE ALMENDRA

Ma. Socorro Trevizo V.  
Cd. Juarez, Chih., Mx.

1/4 de kilogramo de  
almendras peladas  
100 grs. mas de almendras  
peladas para adornar

1 taza de azucar granulada  
2 claras de huevo batidas  
ligeramente  
1 clara de huevo fresco  
extra.

Las almendras se remojan (lo que es preferible hacer desde el dia anterior) luego se pelan y se muelen junto con el azucar y las 2 claras; debe quedar una pasta tersa.

Se forman figuras del estilo que se desee y se salpican con las otras almendras peladas y picadas. Se acomodan en una charola de horno engrasada y se barnizan con la clara de huevo. Se meten a horno mediano a 250°, y se dejan dorar un poquito.

#### MEDIAS LUNAS

Ma. Socorro V. Trevizo  
Cd. Juarez, Chih., Mx.

250 gramos harina  
200 gramos mantequilla  
1 cucharadita polvo de canela  
2 claras

50 gramos azucar  
3 yemas  
1/4 kilo azucar glas  
1 cucharada harina

Se ciernen la harina y la canela, se pone en un trasto hondo y se le agrega la mantequilla, azucar y yemas; se revuelve con ayuda de la raspa. Se extiende de 1/2 centimetro, se cortan, se untan de glas; preparado - con las claras batidas, el azucar glas y la cucharada de harina.

Se hornean de 10 a 15 minutos (horno medio). Si se quiere se les pone al salir ojos y boca a las lunitas.

#### MILKY WAY CAKE

Ruth Mitchell

8 (1 7/8 oz.) Milky Way candy bars  
1/2 c. melted butter  
2 c. sugar  
1/2 c. butter  
4 eggs

1 tsp. vanilla  
1 1/4 c. buttermilk  
1/2 tsp. soda  
3 c. all-purpose flour  
1 c. chopped pecans  
Milk Chocolate Frosting

Combine candy bars and 1/2 cup melted butter in a saucepan; place over low heat until candy bars are melted, stirring constantly. Cool. Cream sugar and 1/2 cup softened butter until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Combine buttermilk and soda; add to creamed mixture alternately with flour, beating well after each addition. Stir in candy bar mixture and pecans. Pour batter into a greased and floured 10 inch tube pan. Bake at 325° for 1 hour and

20 minutes, or until done. Let cool in pan 1 hour. Remove from pan and complete cooling. Frost with Chocolate Frosting. (10 inch cake)

#### MINTED PEARS

Connie Braden  
Court #1731

2 (#2 1/2) cans pears,  
drained  
3-4 drops peppermint extract

2 lemons, thinly sliced  
Few drops of green food coloring

Arrange pears, hollow side up, in a 6x10 inch baking dish. Place lemon slices on top of pears. Add peppermint extract and green food coloring, a drop at a time, to pear juice. Mix thoroughly. Pour juice over pears. Bake. Serve hot or cold. Serves 8.

Note: If desired, pare, core and cut into halves 8 winter or summer pears.

#### MISSISSIPPI MUD CAKE

Denise Atkins

##### Cake:

2 sticks butter  
2 c. sugar  
1/3 c. cocoa  
1 1/2 c. flour

1 can Angel Flake coconut  
1 c. pecans  
4 eggs, beaten

##### Icing:

1 (7 oz.) jar marshmallow cream  
3/4 stick butter  
1/3 c. cocoa

1/4 c. milk  
1/2 box powdered sugar  
1 tsp. vanilla

Cake: Melt butter. Put remaining ingredients in mixing bowl and pour melted butter over all. Mix well. Bake in a greased and floured pan in a 350° oven for 40 minutes or until done.

Icing: Spread marshmallow cream over cake while it is still hot. Mix other ingredients and spread over the marshmallow cream. Swirl it to make the icing to look like mud.

## MORENITAS

Edna T. de Orozco  
Cd. Juarez, Chih., Mx.

1 Barra de mantequilla	1/2 Cucharadita de sal
1 1/2 Taza de azucar morena	1/2 Cucharadita de carbonato
2 Huevos batidos	1 Taza de nuez picada.
2 1/2 taza de harina	

Se mezcla todos los ingredientes y se ponen cucharaditas de la pasta en la charola de hornear. Se meten a horno de 350° por 10 mins.

## MUSELINAS

Ma. Refugio Carbajal  
Cd. Juarez, Chih., Mx.

500 gramos de harina	2 yemas para embetunar.
300 gramos de mantequilla	200 gramos de azucar
1/2 limon raspado	5 yemas

1/2 raspadura de vainilla

Se cierne la harina 3 veces, se hace un cerco, se le ponen las yemas, el azucar y las raspaduras, se revuelve con la mano, se pone la mantequilla y se empasta con la raspa.

No debe manejarse con la mano. Se abolilla de 1/2 centimetro de grueso, - se cortan con cortadores al gusto, se ponen en hojas de horna engrasadas; se embetunan de yema. Se horanean a horno fuerte en la parrilla de enmedio de 5 a 10 minutos.

## NO BAKE COOKIES

Paul Harvey

1 pkg. butterscotch chips	3 c. corn flakes
2 Tbsp. peanut butter	

Heat until chips are melted. Stir in peanut butter and corn flakes. Drop by spoonfuls onto waxed paper and cool.

## OLIVE ANN COOKIES (Icebox)

Margaret A. Nees

1 c. white sugar	1 tsp. soda
1 c. brown sugar	1 tsp. vanilla
1 c. lard	1 tsp. cinnamon
1 c. butter	5 1/2 c. white flour

1 1/2 c. chopped nuts

3 eggs, well beaten

Mix the ingredients and roll into 2 rolls. Refrigerate overnight. Slice thin and bake at 350° for 10-12 minutes or until brown. (Makes 6-8 dozen.)

## 1-2-3-4 CAKE

Jovita Islas  
CDA

1 c. butter	1/2 tsp. salt
2 c. sugar (may use less)	3 tsp. baking powder
3 c. cake flour	1 c. milk
4 eggs	1 tsp. vanilla

1/2 tsp. almond extract

Mix dry ingredients and sift together. Cream butter; add eggs. Add dry ingredients, milk and vanilla. Stir well. Bake in 3 (9 inch) cake pans at 350° F. for 25-30 minutes. May use loaf pan.

## ORANGE COCONUT RING

M. Brooks  
#2017

3/4 c. butter	1 1/2 c. flour
3/4 c. orange marmalade	2 1/2 tsp. baking powder
1/2 c. flaked coconut	1/4 tsp. salt
1/2 c. sugar	1/2 c. milk
2 eggs	1/4 tsp. orange extract or 1 tsp. orange juice

Melt 1/4 cup butter in a 9 inch rind mold. Add marmalade and coconut; mix well and spread evenly. In large mixer bowl combine sugar, eggs and 1/2 cup butter. Blend well at lowest speed of mixer. Add flour, baking powder and salt alternately with milk and extract; blend thoroughly at lowest speed of mixer. Spoon batter evenly over marmalade mixture. Bake at 375° for 35-45 minutes. Cool 5 minutes; invert onto serving plate. If desired, serve with whipped cream or ice cream.

## ORANGE SLICE FRUIT CAKE

3 1/2 c. all-purpose flour	1 c. butter or margarine
1/2 tsp. salt	1 c. orange juice
1 lb. orange slice candy, cut up	2 c. sugar
2 c. chopped walnuts	4 eggs
1 (8 oz.) pkg. pitted dates, chopped	1 tsp. baking soda
1 (3 1/2 oz.) can flaked coconut	1/2 c. buttermilk
	2 c. sifted confectioners sugar

Sift flour and salt together. Combine next 4 ingredients; mix well. Add 1/2 cup flour. Toss to coat evenly. Set aside. Cream butter or margarine. Add sugar gradually, beating until light. Add eggs, one at a time, beating well after each addition. Combine soda and buttermilk. Mix well and add alternately with flour to egg mixture. Add candy mixture. Mix well. Spoon into a 10 inch greased tube pan. Bake for 1 hour and 45 minutes at 300°. Remove from oven. Combine orange juice and sugar (powdered). Mix until blended. Pour over hot cake. Cool. Let stand in refrigerator overnight before removing from pan.

## PASTEL DE NUEZ

1 1/4 taza de harina cernida	1 taza de azucar granulada
1/2 c. de royal	1 Cucharada vainilla
2 barritas de mantequilla	4 huevos
1/2 T. de miel Karo blanca	3 c. agua fria
	1 T. de nuez limpia

Se cierne la harina se le pone la mitad de una barra de mantequilla y con el tenedor se junta para que quede la masa arenosa. Despues se le pone la otra mitad de la barra de mantequilla y se junta en la misma forma, luego el agua para hacer la masa suave para palotarse y hacer una tortilla que se coloca en un molde de pastel, se mete al refrigerador mientras se prepara el relleno. En un recipiente se coloca la mantequilla (1 barra) el azucar, miel, se ponen a fuego lento a que se derrita, se deja enfriar. Los huevos se deslien o juntan con las claras y se agregan a la pasta casi fria, mas la mitad de las nueces picadas, la vainilla. Se coloca en el molde con la tortilla y se hornea 1/2 hora a 350 grados. Muy sabroso para la temporada navidena. (nota le gusta al Senor obispo Dn. Manuel Talamas C.).

## Juanita Gutierrez

## PASTEL A GO-GO

2 Tazas de harina cernida
2 cucharitas de royal
1/2 cucharita de sal
1/2 taza de mantequilla blanda

Mezclene y ciernase tres veces la harina y los ingredientes secos, incorporese poco al poco la mantequilla blanda, el azucar y la vainilla y batiendo hasta que de este cremoso y esponjoso.-

## PASTEL DE NARANJA

3 tazas de harina
2 tazas de azucar
4 huevos
2 cucharaditas de royal
1 taza de aceite capullo

Se cierne la harina con el royal por tres veces, se hace una fuente ahí se pone el azucar, aceite, el jugo de la naranja las yemas y la cucharadita de vainilla. Se bate bastante con cuchara de madera; cuando ya esta bien batida se le agrega las claras de huevo (batidas a punto de turron) nada mas revolviendo todo sin batir.

Se engrasa el molde con mantequilla se espolvorea con harina, se pone la pasta, se mete al horno caliente (300 grados centigrados) por espacio de 45 minutos.

## PASTEL DE NOVIOS

3 tazas de harina cernida tres veces.
5 cucharaditas razas de royal
1/4 cucharadita de sal
1 taza de leche.

1 taza de mantequilla
1 1/2 tazas de azucar granuladas
1 1/2 cucharadita de extracto de cereza
4 huevos separados.

Se bate la mantequilla hasta acremarse, luego se le va agregando el azucar sin dejar de batir despues se le agrega las yemas de una en una, posteriormente el extracto de

Tity P. de Lopez.  
Cd. Juarez, Chih.

1 taza azucar
1 cucharita sabor al gusto
2 huevos
3/4 taza mas 3 cucharadas de leche evaporada de clavel

Beda Sanitesieban De Villalobos.  
Cd. Juarez, Chih.

1 taza de jugo de naranja
1 cucharadita de vainilla.
100 gramos de nuez molida o picada.

Ana M. B. de Benavente  
Cd. Juarez, Chih.

cereza; luego la harina cernida con la sal y el royal, alternandola con la leche (si fuera necesario una poquita mas de leche se le puede agregar, pero solo una o dos cucharadas mas para que no se aguada - la pasta); por ultimo, se ponen las claras batidas a punto de turron, con ellas ya no se bate, solo se incorpora todo muy bien. Se vacia en un molde redondo o de forma de corazon, se mete al horno a 350°, aproximadamente durante 40 minutos. Se saca se deja enfriar y se decora con betun de cereza y adornado con cerezas haciendo la forma de un corazon.

### PEACH COFFEE CAKE

M. Brooks  
#2017

#### Topping:

1/2 c. all-purpose flour	1 tsp. cinnamon
1/2 c. firmly packed brown sugar	1/4 c. butter or margarine
1/4 c. wheat germ	1 (1 lb. 13 oz.) can sliced cling peaches

#### Batter:

1 1/2 c. unsifted all-purpose flour	2 tsp. baking powder
1/4 c. wheat germ	1/2 tsp. salt
1/4 c. sugar	1/4 c. butter or margarine

2 eggs, beaten  
1/2 c. milk

Prepare topping: Combine 1/2 cup flour, brown sugar, 1/4 cup wheat germ and cinnamon in bowl; mix well. Cut in 1/4 cup butter or margarine until mixture is crumbly, using a pastry blender or two knives. Set aside. Drain sliced peaches.

Prepare batter: Combine 1/2 cup flour, 1/4 cup wheat germ, sugar, baking powder and salt in bowl; mix well. Cut in 1/4 cup butter until mixture is crumbly, using a pastry blender or two knives. Add eggs and milk. Stir just until dry ingredients are moistened. Spread batter over bottom of greased 13x9x2 inch baking pan. Sprinkle with 1/2 of the reserved topping mixture. Arrange peach slices in rows on top. Sprinkle with remaining topping mixture. Bake at 350° for about 25 minutes or until done. Serve warm or cold.

### PEACH FLIP

M. Brooks  
#2017

3 pkg. active dry yeast	3 eggs
1/2 c. warm water	5-5 1/2 c. all-purpose flour
1/2 c. sugar	2/3 c. sugar
1/2 c. butter	2 tsp. cinnamon
3 Tbsp. instant non-fat dry milk	1 c. chopped walnuts
1/2 c. hot water	1/4 c. butter, softened
2 tsp. salt	1 c. peach preserves

Soften yeast in warm water. In large mixer bowl combine sugar, 1/2 cup butter, milk, water and salt; cool to lukewarm. Add eggs, yeast and 4 cups flour. Beat 2 minutes at low speed. Gradually stir in remaining flour to form a stiff dough. Knead on floured surface until smooth and satiny, about 1 minute. Place in greased bowl. Cover; let rise in warm place until light and doubled, 30-45 minutes. Combine sugar, cinnamon and walnuts; set aside. Roll out half of dough on lightly floured surface to a 20x10 inch rectangle. Spread with 2 tablespoons soft butter and 1/4 cup preserves. Sprinkle with half of cinnamon-sugar mixture. Roll up, starting with 20 inch side. Seal edge and ends. Place, seam side down, on greased cookie sheet, curving ends to make "U" shape. With scissors, make a cut down center, 1/3 of the way through roll within 2 inches of ends. Repeat with remaining dough. Cover; let rise again in warm place until light, about 15 minutes. Spoon 1/4 cup preserves down center of each. Bake at 375° for 15-20 minutes, until golden brown. Frost with Vanilla Glaze: Combine 1 cup confectioners sugar, 1 teaspoon vanilla extract and 2-3 teaspoons milk.

### PECAN COOKIES

Lucia Flynn

1 c. brown sugar, firmly packed	1/8 tsp. salt
1/4 lb. butter	1/2 tsp. vanilla
1 egg	1 1/8 c. flour
1/2 c. chopped pecans	1/2 tsp. soda

Mix ingredients. Drop by teaspoonfuls. Place 1/2 pecan on each cookie. Bake at 285° in oven for 12-15 minutes. Be sure and allow plenty of room between each cookie.

## PIE DE QUESO

1 una lata de leche  
condensada la lechera.  
1 una barra chica de  
queso Philadelfia.

Se muelen muy finas las galletas en la licuadora  
en seco, se le agre ga la mantequilla en el molde de aluminio.  
Se forma una pasta que cubra todo el fondo del molde, y  
los lados para hacer la base, luego se licua la leche con  
el queso con el jugo de los dos limones, ya licuados se le  
agregan al molde. Se pone en el horno a 350° por veinte a  
veinticinco minutos. Cuando esta la pasta completa se saca  
del horno, se enfria en el refrigerador. (Ocho porciones)

## PINEAPPLE CHEESECAKE FROSTING

1 (20 oz.) can crushed  
pineapple, undrained  
1 Tbsp. sugar  
1 (8 oz.) sour cream

1 (10 1/2 oz.) pkg.  
cheesecake filling mix  
1 (9 oz.) frozen whipped  
topping, thawed

Combine pineapple, sugar, cheesecake filling mix and  
sour cream; stir until mixture thickens. Fold in whipped  
topping, mixing thoroughly. Yield: Enough for 1 (3 layer)  
cake.

## PINEAPPLE-NUT PIE

2 (9 inch) pie shells,  
baked  
2 c. powdered sugar  
1 stick margarine  
1 egg  
1/4 tsp. salt

1/4 tsp. vanilla  
2 pkg. Dream Whip  
1/2 c. chopped pecans  
1 c. drained crushed  
pineapple

Cream sugar and margarine. Add egg and stir then  
add vanilla and salt. Best results if you use electric mixer.  
Chill about 45 minutes, then blend in Dream Whip, pineapple  
and nuts. Pour into pie shells.

Martha Cabada  
Cd. Juarez, Chih.

## PINEAPPLE-ORANGE SUNSHINE CAKE

1 pkg. yellow cake mix  
1/2 c. salad oil  
4 eggs

1 can Mandarin orange  
sections, undrained  
Pineapple Cheesecake Frosting

Combine cake mix, oil, eggs and oranges; mix at  
medium speed of electric mixer 1-2 minutes or until almost  
smooth. Spoon into 3 greased and floured 9 inch cake pans.  
Bake at 325° for 15-20 minutes or until done. Cool cake in  
pans 10 minutes. Remove from pans and cool completely on  
wire racks. Spread frosting between layers and on top and  
sides of cake. Store in refrigerator. Yield: 1 (9 inch)  
layer cake.

## PINEAPPLE UPSIDE DOWN CAKE

1 (#2) can crushed  
pineapple  
2/3 c. pineapple syrup  
2 c. biscuit mix

1 egg  
1/4 c. sugar  
1/4 c. brown sugar  
Cinnamon

Mix the syrup with biscuit mix, egg and sugar. Pour  
into greased 8 or 9 inch square pan and cover top evenly  
with the crushed pineapple. Sprinkle with brown sugar and  
a little cinnamon. Bake at 400° for 25-30 minutes.

## PINTO BEANS FRUIT CAKE

2 c. cooked pinto beans,  
mashed  
1 c. dry raw apples  
1 c. sugar  
1/4 c. butter  
1 egg, beaten  
1 c. flour  
1 tsp. soda  
1/2 tsp. salt

1 1/4 tsp. cinnamon  
1/2 tsp. cloves  
1/2 tsp. allspice  
2 tsp. vanilla or 1 tsp.  
vanilla  
1 tsp. rum flavoring  
1 c. raisins  
1/2 c. chopped nuts

Cream sugar and butter. Add beaten egg and mashed  
beans. Sift all dry ingredients together and add to sugar  
mixture. Pour into greased 10 inch tube pan. Bake at 375°  
for 45 minutes. Sprinkle with powdered sugar or frost with  
Powdered Sugar Glaze made from 1/2 pound powdered sugar,  
1/4 cup milk, a dash of vanilla. Serves 10-12.

R. Cravel

Louise Dooley

**PISTACHIO BUNDT CAKE**

1 box white cake mix  
4 eggs  
1 (4 oz.) box instant pistachio pudding

Mix all ingredients in bowl till blended, then beat 4 minutes at medium speed. Pour into greased Bundt pan. Bake in a 350° oven for 50 minutes.

**POLVORONES DE CACAHUATE**

Blanca E. D. deL. de Lozano  
Cd. Juarez, Chih., Mx.

250 gramos de harina  
250 gramos de cacahuate pelado

250 gramos de azucar  
250 gramos de manteca  
4 pliegos de papel de china

Se cierne la harina y se coloca en forma de fuente, agregando el azucar, el cacahuate molido y, poco a poco, la manteca quemada y fria. Se forman rollitos, de los que se cortan pedacitos que se van redondeando en cuadritos de papel de china. Se meten al horno diez minutos y al salir, se envuelven en servilletas con el fleco recortado, de papel de china.

**POPPY SEED CAKE**

1 cake mix (yellow)  
4 eggs  
1/2 c. Wesson flavor buttery oil  
1/2 c. creme sherry

Mix all together and pour into tube pan that has been greased and floured. Bake at 350° for approximately 1 hour.

Sue Hartman

1/2 c. poppy seed  
1 pkg. instant pudding mix (vanilla)  
1 c. sour cream

Martha Castillo

1 env. Dream Whip  
1/2 c. water  
1/2 c. creme de menthe  
1/2 c. walnuts

**POUND CAKE**

1 1/2 sticks butter or margarine  
3/4 c. sugar  
3 large eggs

1 1/2 c. self-rising flour  
Pinch of salt  
Grated rind and juice of 1/2 lemon  
Citron peel

Grease a 7 inch round cake pan and line with waxed paper. Beat the butter till soft. Add sugar and cream until light and fluffy. Add the eggs, one at a time, beating well after each addition. Fold in the sifted flour and salt, alternating with strained lemon juice and salt. Turn the mixture into the prepared pan and level the surface. Arrange slices of thinly cut citron peel over top. Bake in center of pre-heated oven at 325° F. for 1-1 1/2 hours. Leave to cool in pan for 10 minutes then turn out onto a wire rack.

**PRIVATE STOCK CHOCOLATE CAKE**

1/2 c. butter, whipped  
1 lb. + 1/2 c. brown sugar  
2 1/2 c. sifted cake flour  
4 tsp. baking soda  
1/2 tsp. salt

3 sq. unsweetened chocolate  
1/2 c. buttermilk  
2 tsp. vanilla  
1 c. boiling water

Alice Unger

Slowly add sugar to whipped butter, creaming well. Sift together flour, baking soda, salt; set aside. Melt chocolate in double boiler; set aside. Add buttermilk alternately with flour mixture, blending well. Beat 5 additional minutes. Add vanilla and boiling water; blend thoroughly (batter will be thin). Pour into prepared cake pans. Bake at 350° for 30-35 minutes. Cool on cake racks in pan for 10 minutes. Remove from pans, place on racks and allow to cool completely.

High altitude directions: Add 2 tablespoons flour over 3,500 feet and bake at 375°.

## PRUNE CAKE

1 1/2 c. sugar	1 tsp. allspice
3 eggs	1 tsp. nutmeg
1/2 tsp. salt	1 tsp. cloves
2/3 c. Wesson oil	1 tsp. baking powder
1 c. buttermilk	1 c. chopped pecans
1 tsp. soda	1 c. chopped dried prunes
2 c. sifted flour	

Cream sugar with eggs, salt, 2/3 cup oil, buttermilk with baking soda dissolved in it. Sift flour and add spices to the flour and baking powder. Add pecans and chopped prunes last. This makes 2 large layers. Bake at 350° F. for 30 minutes. Use Orange Icing over top.

## PUDIN DE CALABAZA Beda Santiesteban De Villalobos.

1/2 kilo de calabacitas tiernas	1 taza de harina de arroz.
3 huevos	1/2 taza de azucar
1 bara de mantequilla.	2 cucharaditas de royal.

Se acrema la mantequilla, se le agregan los huevos uno a uno y el azucar, se bate muy bien y se le agrega el harina sernida con el royal y se pone sal y por ultimo la calabacita rallada, se pone en un molde bien engrasado con mantequilla. Se mete al horno con tempertura de 250 grados centigrados por espacio de media hora.

## PUMPKIN CAKE

Mary Atkins	
2 c. sugar	2 tsp. baking soda
1 c. oil	2 tsp. cinnamon
4 eggs	1 tsp. ground cloves
2 c. flour	1 tsp. salt
	2 c. pumpkin

Beat together till light and fluffy 2 cups sugar, 1 cup oil and 4 eggs. Sift the following and add to above 2 cups flour, 2 teaspoons baking soda, 2 teaspoons cinnamon, 1 teaspoon ground cloves and 1 teaspoon salt, then add and mix well 2 cups pumpkin. Add 1 cup chopped walnuts or

Mrs. Flora Charles  
CDA

pecans and 1 cup raisins. Bake in an angel food cake pan for 1 hour (perhaps longer - test) at 350°. When cold, put in plastic bag and keep refrigerated. It is better when stored for several days before serving. Will keep in refrigerator for 3 weeks - in freezer indefinitely. Icing is optional.

## PUMPKIN CHEESE CAKE K. Castillo

### Cheese Cake:

2 (8 oz.) pkg. softened cream cheese	3 Tbsp. all-purpose flour
1 c. light cream	1/4 tsp. salt
1 c. canned pumpkin	1 tsp. vanilla
3/4 c. sugar	1 tsp. cinnamon
4 egg yolks	1/2 tsp. ground nutmeg
	4 egg whites, stiffly beaten

### Topping:

1 c. dairy sour cream	1/2 tsp. vanilla
2 Tbsp. sugar	

### Crust:

1 1/2 c. graham cracker crumbs	3 Tbsp. sugar
	3 Tbsp. margarine

Combine graham cracker crumbs, sugar and margarine. Press mixture into bottom and 2 inches up sides of a 9 inch spring form pan. Bake at 325° for 5 minutes. In large mixing bowl combine softened cream cheese, cream, pumpkin, sugar, egg yolks, flour, vanilla, salt and spices. Beat mixture until smooth then fold in stiffly beaten egg whites. Pour into crust and bake at 325° for 1 hour. Combine sour cream, sugar and vanilla. Spread over cheese cake and bake for 5 minutes more at same temperature. Chill before serving.

## PUMPKIN DESSERT

1 (1 lb.) can pumpkin	1 tsp. cinnamon
1 c. sugar	2 tsp. ground nutmeg
1 tsp. salt	
1 tsp. ground ginger	1 c. toasted pecans

1/2 gal. vanilla ice cream,  
softened      36 gingersnaps

Combine pumpkin, sugar and spices and chopped pecans. Reserve a few pecans for a topping garnish. In a chilled bowl fold the pumpkin mixture into the ice cream. Next, line the bottom of a 13x9x2 inch glass pan with 1/2 of the gingersnaps (18). Cover with half the ice cream mixture. Layer with the other 18 gingersnaps. Pour remaining ice cream mixture over all. Freeze until firm (about 4 or 5 hours). Garnish with chopped pecans or whipped cream.

#### PISTACHIO NUT CAKE

Martha Castillo  
1 box white cake mix  
4 eggs  
1 box pistachio instant  
pudding  
1 env. Dream Whip  
1/2 c. each creme de menthe,  
water, walnuts

Blend all ingredients with beaters until smooth.  
Bake in oven at 350° in a Bundt pan (greased) for 50 minutes.

Optional: Add a few drops of green food coloring.

#### PISTACHIO RAISIN PUDDING CAKE

Rita Yearwood  
Ct. #2017  
1 pkg. yellow cake mix  
(2 layer size)  
1 pkg. Jell-O pistachio  
flavor instant pudding  
and pie filling  
4 eggs  
1 c. water  
1/3 c. sour cream  
1/3 c. oil  
1 c. chopped seedless raisins

Combine cake mix, pudding mix, eggs, water, sour cream and oil in large mixer bowl; blend well, then beat at medium speed of electric mixer for 2 minutes. Stir in raisins. Pour into a greased and floured 10 inch Bundt or tube pan. Bake at 350° for 50-55 minutes or until cake springs back when lightly pressed. Cool in pan about 15 minutes. Remove from pan and finish cooling on rack. Top with Confectioners Sugar Glaze: Mix together 1 tablespoon milk and 1 cup confectioner sugar. Pour over cooled cake.

#### QUICK CARAMEL FROSTING

Mary Atkins  
1/2 c. butter or margarine  
1/2 c. brown sugar  
1/4 c. milk  
1 3/4 c. (approx.) con-  
fectioners sugar  
1 tsp. vanilla

Melt butter/margarine in a small pan. Add brown sugar and cook at low temperature till sugar melts. Stir while cooking the sugar and butter. Add the 1/4 cup milk. Cool mixture then beat in until thick enough to spread the 1 3/4 cups confectioners sugar and vanilla. Makes enough to frost 2 cakes. For 1 cake, cut recipe in half.

#### QUICK COCONUT PIE

Millie Brooks  
CDA Ct. #2017

4 well beaten eggs  
1/2 c. self-rising flour  
1 3/4 c. sugar  
1 tsp. vanilla extract  
2/3 stick butter or mar-  
garine, melted  
2 c. milk  
7 oz. coconut flakes

Put all ingredients in a bowl and mix well. Pour into 2 (9 inch) pie plates and bake at 325° for 30 minutes or until brown. Pie will make its own crust.

#### QUICK OATMEAL-DATE COOKIES

Opal Lucia  
Ct. #1731

1 c. currants  
Hot water  
1 c. sugar  
1 1/4 tsp. salt  
1/2 tsp. cloves  
1 c. shortening  
3 eggs  
2 c. flour  
1/2 tsp. soda  
1 tsp. cinnamon  
1/2 tsp. allspice  
6 Tbsp. currant liquid  
2 c. quick-cooking oats  
1/2 c. chopped dates  
1 c. chopped nuts

Cover currants with hot water and cook 5 minutes. Cream shortening and sugar. Add beaten eggs, dry ingredients and currant liquid; stir in oatmeal, dates, currants and nuts. Drop by spoonfuls onto greased baking sheet 2 inches apart. Bake in a 375° oven for 10-15 minutes. Makes approximately 5 dozen cookies.

## RHUBARB CAKE

1/2 c. shortening  
2 c. sugar  
1 egg, beaten  
2 c. flour  
1/2 tsp. salt

Velma Bomhoff

1 tsp. soda  
1 c. milk  
2 c. diced raw rhubarb  
1/2 c. walnuts  
1 tsp. cinnamon

Cream 1 1/2 cups sugar with shortening. Mix in egg; sift flour, salt and soda together. Add to the creamed mixture alternately with milk; mix thoroughly. Fold in nuts and rhubarb. Pour into greased 9x12 inch pan. Top with remaining 1/2 cup sugar, mixed with cinnamon. Bake for 30 minutes at 400°, then reduce to 375° and bake 5 minutes more, or until done.

## ROSKUITAS MINIATURA

1/4 kilo nuez pelada  
125 gramos azucar  
granulada

Ma. Socorro V. de Trevizo.  
Cd. Juarez, Chih., Mx.

2 claras  
1/2 taza pan fino molido

Se baten las claras a la nieve (punto turron), se pone poco a poco el azucar, la nuez molida enmolinito y el pan.

Se pone en hogar engrasadas formando rosquitas con duya rizada.

Se hornean a 350 grados por 10 o 15 minutos.

## SANTA'S WHISKERS

1 c. butter, softened  
1 c. sugar  
2 Tbsp. milk  
2 1/2 c. flour  
1 tsp. vanilla

3/4 c. finely chopped  
candied cherries  
1/2 c. chopped pecans  
3/4 c. flaked coconut

Cream butter and sugar. Blend in milk and vanilla. Add flour, cherries and nuts. Form dough into several rolls. Roll in coconut to coat outside. Wrap in waxed paper; chill thoroughly. Cut into 1/4 inch slices. Place on ungreased cookie sheet. Bake at 375° till edges are golden, about 12 minutes.

Millie Brooks  
CDA Ct. #2017

## SPICY CREAMY PUMPKIN PIE

4 eggs, separated  
1 Tbsp. cornstarch  
1 c. brown sugar  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg

1/2 tsp. allspice  
2 c. cooked pumpkin  
1/3 c. heavy cream  
1/4 c. melted butter  
1 (9 inch) pie shell

Beat egg whites until they hold shape. Sprinkle in 1 tablespoon cornstarch and continue beating until whites are stiff; set aside. Beat egg yolks in large bowl until thick and blend with brown sugar and spices. Add cooked pumpkin, heavy cream and melted butter; blend well. Fold in egg whites and pour into 9 inch unbaked pie shell. Bake at 450° temperature for 10 minutes; lower temperature to 350° and bake for 20-30 minutes more or until knife inserted in filling comes out clean. Serve with whipped cream, garnished with nutmeg or pecans.

## SPONGE CAKE (Diet Recipe)

Magda Mireles  
Ct. #1581

7 eggs, separated  
1/2 c. cold water  
3 Tbsp. sweetener  
(liquid) (about 72  
tablets, crushed)

2 Tbsp. lemon juice  
1 1/2 c. sifted cake flour  
3/4 tsp. cream of tartar  
1/4 tsp. salt  
1/2 tsp. vanilla

Beat egg yolks until thick for 5 minutes. Combine water, sweetener, vanilla and lemon juice; add to egg yolks. Beat until thick and fluffy, 10 minutes. Combine sifted flour and salt. Sift a little at a time over the egg mixture, folding in gently. Beat egg whites until foamy. Add cream of tartar and beat until stiff peak forms. Fold batter gently into ungreased 9 inch tube pan. Bake in a slow oven (325° F.) for 1 hour and 5 minutes.

## SPOON DROP MUFFINS

Mrs. Delgado  
Ct. #1581

2 c. all-purpose flour  
2 tsp. baking powder  
1 tsp. salt

1 c. milk  
1 egg, slightly beaten  
1 c. sugar  
1/4 c. lard

Sift flour once, then add salt, baking powder and sugar. Sift them all together 2 or 3 times. Beat eggs, then gradually mix flour mixture and milk to beaten eggs, making a light dough. Drop by tablespoonfuls onto a greased cookie sheet and bake in a hot oven ( $350^{\circ}$ ) for 15 minutes. Makes 12 muffins.

#### SWEDISH CARDAMOM COFFEE CAKE

Rosie Lunsford

1 1/4 c. milk	1 stick softened butter
1 env. active dry yeast	3 egg yolks
1/4 c. lukewarm water	1 Tbsp. ground cardamom
1 Tbsp. sugar	3/4 tsp. salt
3 c. flour, sifted	1/4 c. chopped walnuts
2 3/4 c. flour	2 Tbsp. sugar
3/4 c. sugar	2 tsp. cinnamon

In saucepan heat milk to lukewarm. In a bowl mix 1 envelope yeast in water with 1 tablespoon sugar for 10 minutes. Combine yeast mixture with milk and beat in sifted flour (3 cups). Cover the dough and let rise in warm place for 1 1/2 hours or until double in bulk. Beat in 2 3/4 cups flour, 3/4 cup sugar, butter, egg yolks, cardamom and salt. Turn dough onto lightly floured surface and knead in 1/4 cup flour or enough to make a smooth, elastic dough, kneading for 15 minutes. Put dough in a buttered bowl; turn it to coat with butter and let rise in a warm place, covered, for 1 1/2 hours or until it is double in bulk. Divide dough into 6 equal portions. On lightly floured surface roll each piece into a cylinder 16 inches long. Pinch ends of 3 cylinders together; braid the dough and pinch the other ends together. Braid the other 3 cylinders of dough in the same manner. Arrange braids, pinched ends tucked under, on a buttered baking sheet and let rise in a warm place for 40 minutes or until double in bulk. In small bowl combine walnuts, sugar and cinnamon. Brush the braids with milk and sprinkle the tops with cinnamon mixture. Bake the braids in a preheated oven at  $375^{\circ}$  for 25-30 minutes or until well browned.

#### TEATIME TASSIES

Anonymous

1 recipe Cream Cheese Pastry	1 Tbsp. soft butter or margarine
1 egg	1 tsp. vanilla
3/4 c. brown sugar	Dash of salt
	2/3 c. coarsely broken pecans

Chill Cream Cheese Pastry about 1 hour. Shape into 2 dozen 1 inch balls. Place in tiny ungreased 1 3/4 inch muffin cups. Press dough evenly against bottom and sides. Beat together egg, sugar, butter, vanilla and salt just till smooth. Divide half the pecans among pastry lined cups. Add egg mixture and top with remaining pecans. Bake in a slow oven ( $325^{\circ}$ ) for 25 minutes or till filling is set. Cool. Remove from pans.

#### TORTA DE NUEZ CON ELOTE

Ma. Refugio Carbajal.  
Cd. Juarez Chih., Mx.

6 elotes duros	150 gramos mantequilla
300 gramos de azucar	126 gramos de nuez pelada
3 huevos	50 gramos de ciruelas
1 cucharada de royal powder	

Se rebanan los elotes encrudo y se muelen muy bien. Se bate la mantequilla con el royal y las yemas, se le incorpora el elote molido y el azucar poco a poco, se pone la nuez molida en molinito.

Se vacia la pasta en un molde refractario engrasado y enharinado. Se hornea a 400 grados hasta que el punzon salga limpio. Se adorna con tiritas de ciruela.

#### TORTAS DE GARBANZA Y NUEZ

Ma. Socorro V. Trevizo.  
Cd. Juarez, Chih., Mx.

300 gramos de garbanza	300 gramos azucar
150 gramos mantequilla	7 huevos
1/2 taza pan fino molido	1 cucharadita canela molida
1 cucharada royal	Azucar y canela para polvearla.
250 gramos nuez pelada	

Se acrema la mantequilla con las yemas y el azucar, se le pone la garbanza (remojada desde la vispera, sancochada en agua con poco sal), pelada y muy bien molida, la nuez molida en molinito; la mitad del pan molido, el royal y la canela molida. Se incorporaran las claras batidas a la nieve, revolviendo sauvemente; se pone en un molde refractario engrasado la pasta. Se polvea con polvo de azucar y canela. Se pone mas o menos 3/4 de hora - a 300 grados en el horna hasta que salga limpio el punzon.

#### TRIFLE

Cecelia S. Baeza  
#2017

1 angel food cake                    1 large box jello  
1/2 c. wine or sherry

Break cake into small pieces and put in a large bowl. In a separate bowl dissolve jello in 2 cups hot water. Add 1 1/2 cups cold water and 1/2 cup wine. Pour jello over cake and mix well. Pour into a large mold and refrigerate until well wet. Serve with whipped topping.

#### WHITE VELVET CAKE

P. Casteel

2 1/2 c. cake flour                 1 1/2 c. sugar  
3 tsp. baking powder                 1 tsp. salt  
1/2 c. shortening                    1 c. milk  
4 egg whites                          1 1/2 tsp. vanilla  
1/4 tsp. almond extract

#### Icing:

2 c. sugar                            1 egg  
1/3 c. solid shortening            1 tsp. vanilla

Sift flour, sugar, salt and powder. Place shortening in bowl and mix to soften. Stir in dry ingredients. Add 3/4 cup milk. Beat 2 minutes and add egg whites and flavoring. Beat 1 minute more. Bake at 350° for 25 minutes for layer or 30 minutes for oblong. For icing, mix all together and spread on cool cake.

#### "YOU AIN'T GONNA BELIEVE IT" CAKE

Corina Walworth

1 lb. pork sausage (unseasoned)	1 c. warm, strong coffee
1 c. white sugar	1/2 tsp. baking powder
3 c. flour, sifted	1 tsp. baking soda
1/2 tsp. ginger	1 tsp. ground cloves
1 c. pecans	1 tsp. cinnamon
1 c. dates, chopped	1 tsp. allspice
3 c. brown sugar	Whipped cream or other topping

Let sausage soften at room temperature. Blend the sausage with sugars and coffee. Combine spices, soda and baking powder with flour and add slowly to sausage mixture. Stir in nuts and dates. Pour into an 11x8 inch greased and floured cake pan. Bake for 60 minutes at 350°. Serve with whipped cream or topping.

#### ZABAGLIONE

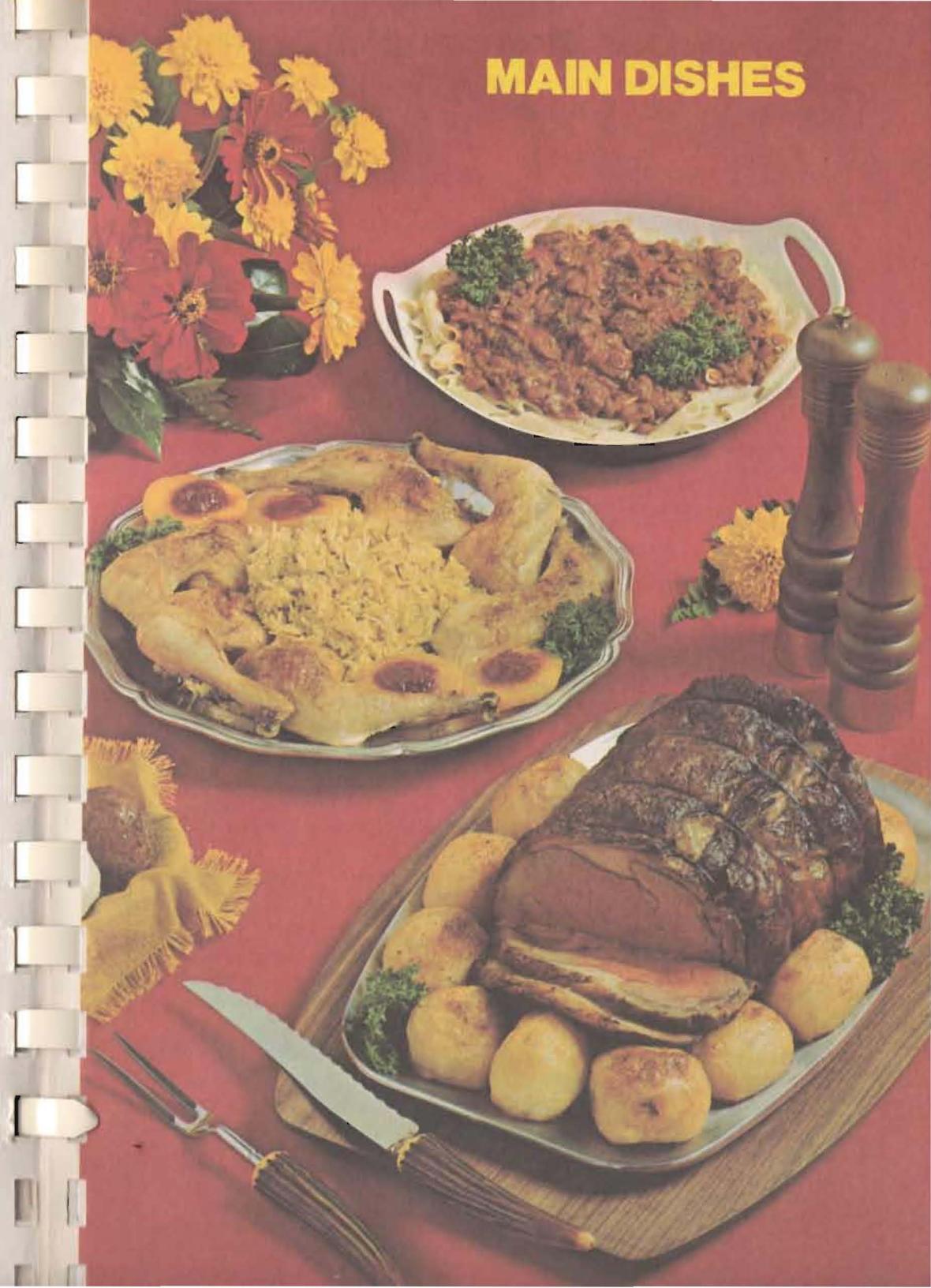
Louise Dooley

4 egg yolks	1/2 c. dry Marsala wine
1/4 c. sugar	

Put sugar and egg yolks in a copper pot and beat with a whisk until mixture is a light yellow. Add the Marsala wine and incorporate. Hold the pot over a moderate flame and continue to beat until mixture becomes foamy and begins to thicken. Do not let it cook too quickly. Continue beating until mixture clings to the whisk and stands in peaks. Spoon into glasses and serve immediately.



## MAIN DISHES



# HANDY CHART OF KITCHEN MATH WITH METRIC

## KITCHEN MATH WITH METRIC TABLES

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

### THE APPROXIMATE CONVERSION FACTORS FOR UNITS OF VOLUME

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft³)	cubic meters (m³)	0.03
cubic yards (yd³)	cubic meters (m³)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m³)	cubic feet (ft³)	35
cubic meters (m³)	cubic yards (yd³)	1.3

### DEEP-FAT FRYING TEMPERATURES

#### WITHOUT A THERMOMETER

A 1-inch cube of white bread will turn

golden brown:

345° to 355°	65 seconds
355° to 365°	60 seconds
365° to 375°	50 seconds
375° to 385°	40 seconds
385° to 395°	20 seconds

### SIMPLIFIED MEASURES

dash = less than 1/8	2 pt. (4 c.) = 1 qt.
teaspoon	4 qt. (liquid) = 1 gal.
3 tsp. = 1 Tbsp.	8 qt. (solid) = 1 peck
16 Tbsp. = 1 cup	4 pecks = 1 bushel
1 cup = ½ pt.	16 oz. = 1 lb.
2 cups = 1 pt.	

If you want to measure part-cups by the tablespoon, remember:

4 Tbsp. = ½ cup	10 2/3 Tbsp. = 2/3 cup
5 1/3 Tbsp. = 1/3 cup	12 Tbsp. = ¾ cup
8 Tbsp. = ½ cup	14 Tbsp. = 7/8 cup

### TABLE OF PROPORTIONS

Gelatin (unflavored) - 1 Tbsp. thickens  
2 cups liquid

Salt	
Soups & Sauces	1 tsp. to 1 qt. sauce
Dough	1 tsp. to 4 cups flour
Cereals	1 tsp. to 2 cups liquid
Meat	1 tsp. to 1 lb. meat
Vegetables	½ tsp. using 1 qt. water

### CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8-oz. . . . .	1 cup
picnic . . . . .	1 ¼ cups
No. 300 . . . . .	1 ¼ cups
No. 1 tall . . . . .	2 cups
No. 303 . . . . .	2 cups
No. 2 . . . . .	2 ½ cups
No. 2½ . . . . .	3 ½ cups
No. 3 . . . . .	4 cups
No. 10 . . . . .	12 to 13 cups

## MAIN DISHES

### ADOBO CHICKEN

E. S. Faeldorf

1 chicken

1/2 tsp. Accent

1 Tbsp. salt

3 pieces of bay leaf

3 cloves garlic

1/4 tsp. black pepper

2 1/2 Tbsp. vinegar

2 Tbsp. soy sauce

3/4 c. water

Cut chicken into pieces. Salt, add spices, vinegar, soy sauce and Accent. Add water and bring to a boil. Simmer until brown and serve with rice.

### ARROZ CON CAMARONES

Teresa B. Vde. de. Santillan  
Cd. Juarez, Chih., Mx.

500 gramos (1 lb.) de arroz

100 gramos (3 1/2 oz.) de  
manteca

camarones pelados

Perejil y sal al gusto

Lave los camarones y dejelos escurrir. Hierva el arroz en abundante agua con sal y paselo por debajo del agua fria. Dejelo escurrir tambien. En una cacerola, derrita la manteca y cuando este lista, - agregue los camarones y dejelos cocinar por unos minutos. Anada entonces el arroz y finalmente el perejil. Mezclelo todo bien y sirva lo caliente.

### ALBONDIGAS (Meat Balls)

Mrs. Delgado

1 lb. hamburger meat

1 egg

1 medium size onion

2 tsp. salt

1 can tomato sauce

1 tsp. salt

1 tsp. oregano leaves

1 tsp. black pepper

1/2 c. rice

Prepare a sauce by frying onion in oil and tomato sauce, 1/2 teaspoon salt, oregano and 2 cups water. Prepare meat mixed with rice, egg, salt and pepper. Mix well. Roll into small balls and drop into boiling water. Let simmer 1/2 hour. Let cool and serve. Serves 6.

## ARABIAN STEW

Lucia Flynn

Serve as many pork chops as you want for a meal. Salt and pepper to taste. Arrange in a casserole. On top of each chop put an onion ring, slice of green pepper, slice of tomato and 1 tablespoon raw rice. Add enough water to come to top of each pork chop and bake in oven for about 1 1/2 hours or until all is cooked to your satisfaction. Temperature: 300°-350° F.

## ASADO DE CERDO

Virginia G. de Benavente.  
Cd. Juarez

1 kilo de costillas de cerdo en trozo.  
2 cucharadas de manteca de cerdo.  
2 cucharadas de perejil picado.  
Sal y pimienta al gusto.  
1/4 taza de mostaza  
10 papas medianas peladas.  
1 cebolla chica partida por mitad

Se espolvorea la carne con la sal y la pimienta y se unta perfectamente bien con la mostaza. Se pone en un traste refractario con una poquita de agua, las cebollas y los trocitos de manteca encima.

Se mete al horno caliente a 350° y se rocia cada un cuarto de hora--hasta que este dorada con agua fria, ya que este dorado se voltea, se ponen las papas alrededor, se espolvorea con la sal y pimienta y se sigue-rociando con el jugo de la misma carne hasta que este bien cocida las papas y la carne dorada.- Para servirse se rocia con el perejil y si es posible se sirve en los mismo platos que se cocinaron individualmente.

## ASADO DE TERNERA (Para 8 personas)

Teresa B. Vde. de Santillan  
Cd. Juarez, Mx.

2 Kilos de carne de ternera en trozo  
2 Cucharaditas de sal  
1/2 Cucharadita de pimiento negra  
1 Taza de buen caldo de res  
2 Cucharadas de mantequilla  
6 Ramitas de perejil chino  
8 Jitomates chicos, pelados enteros

Se limpia el trozo de carne y se seca muy bien. Se

unta con sal, pimienta y mantequilla y se coloca en un horno de 450 grados durante 15 minutos para que la carne se dore. Se baja el horna a-300 grados, se agrega el caldo y se continua horneando durante 45 minutos a 1 hora banando la carne frecuentemente con la salsa. Se sirve la carne rebanda con jitomates y con la salsa previamente-colada. Se decora con el perejil.

## ASADO MECHADO AL HORNO

Olivia A. Santoyo  
Cd. Juarez, Mx.

2 kilos de filete  
150 gramos de jamon  
1 taza de vino tinto  
1 taza de caldo de pollo  
2 cucharadas de manteca  
2 cucharadas de mantequilla y  
2 cucharadas de harina

Se meche el filete con el jamon. Se sazona con sal y pimienta y se unta la manteca. En una sartén se dora un poco y se le anade el caldo caliente y se deja cocer a fuego lento. En una poca de grasa o mantequilla se dora la harina y se agrega al filete hasta que espese. Se agrega el vino tinto. Se rebana el filete y se sirve.

## ARROZ CON POLLO

Ma. Socorro V. Trevizo  
Cd. Juarez, Mx.

300 gramos arroz  
500 gramos jitomate  
1 pollo tierno  
2 hebritas de azafran  
2 pimientos morrones frescos.  
Ajo y cebolla al gusto  
Sal y pimienta.  
Aceite o manteca para freir.

Se lava el arroz con agua fria, se escurre y se dora en aceite o manteca, se deja de un dorado palido, se le quita la manteca, se le pone el jitomate molido con la cebolla y el ajo, pasandolo por un colador; pimienta y azafran, se agrega el pollo crudo partido en pedazos, los pimientos asados, pelados y en pedazos. Se cubre con agua, cuando empieza a esponjar el arroz, se le pone la sal, se coce a fuego lento hasta que se cueza el pollo y el arroz quede bien seco y reventado.

## BACALAO A LA VIZCAINA

Tomate 1 kilo  
Cebolla 1/2 kilo  
Perejil 2 manojos  
Aceite de olivo 1 taza  
Papas 3/4 de kilo

Antonieta M. De Esquinca

Aceitunas rellenas 1 frasco  
Chiles largos 1 lata para  
adornar  
Pimiento morron o alcaparras  
1 lata.

El bacalao se remoja en suficiente agua, que se cambia por tres veces en 24 horas, se desmenuza finamente. Se calienta muy bien el aceite (de preferencia use cazuella de barro) se pone el perejil picado y luego la cebolla tambien picada, ya sofrito se agregan las papas picadas, se agrega el tomate liuado picado cuando este todo frito se agrega el bacalao moviendo algunas veces a fuego muy lento por una hora o hasta que este blando. Se adorna con aceitunas y pimiento morron. Se acompaña de arroz blanco.

## BAKED CRAB AND SHRIMP

1 medium green pepper, chopped  
1 c. chopped celery  
1 (6 1/2 oz.) can crabmeat

Flora Wagner

1 (5 1/2 oz.) can shrimp, cleaned  
1/2 tsp. salt  
1 medium onion, chopped  
1 tsp. Worcestershire sauce  
1 c. bread crumbs

Combine all ingredients except crumbs. Place in individual seashells. Sprinkle with crumbs and bake in a moderate oven at 350° for 30 minutes. Serves 6.

## BAKED LASAGNA

1 lb. lasagna  
1/4 lb. Ricotta cheese (Italian cottage cheese)  
2 eggs  
4 c. meat sauce

Laura Calamia

1 lb. Mozzarella cheese  
4 Tbsp. grated Parmesan cheese  
1 1/2 tsp. salt  
1/2 tsp. pepper

Boil lasagna 10 minutes in 6 quarts salted water. Add cold water (when done) until lasagna can be handled. Do not drain. Next, mix eggs and Ricotta cheese. Season to taste with salt and pepper. Grease baking dish. Arrange the bottom layer in parallel rows of lasagna. Cover with

meat sauce, Ricotta mixture and thin slices of Mozzarella cheese. Sprinkle with grated cheese. Cover with another layer of lasagna, sauce and cheese, until all is used. Bake in a moderate oven (350°) for 25-30 minutes.

## MEAT SAUCE FOR BAKED LASAGNA

Laura Calamia

1 lb. ground meat (1/2 beef and 1/2 pork, if desired)  
1/4 c. salad oil  
1 large onion, chopped  
1/4 c. chopped parsley or 1 Tbsp. dry parsley  
2 cloves garlic, chopped

1 (#2) can tomatoes (pear shaped)  
1 (6 oz.) can tomato paste  
12 oz. water (1 1/2 c.)  
1/2 c. dry red wine (optional)  
1 tsp. salt  
1/2 tsp. pepper  
1 tsp. basil

Saute onion, parsley and garlic in the salad oil. Add meat and brown. Add chopped tomatoes, tomato paste, wine and water, salt and pepper and basil. Simmer for 1 hour.

## BAKED PORK CHOPS

Myrtle Netzer  
Ct. #1731

6 pork chops  
1 tsp. salt  
1/8 tsp. pepper  
2 cans tomato sauce  
1/2 c. water

1/2 c. diced celery  
2 Tbsp. brown sugar  
1 tsp. prepared mustard  
Juice of 1/2 lemon  
Fat for skillet

Sprinkle chops with salt and pepper. Brown in greased skillet. Place in shallow greased baking pan. Combine remaining ingredients; pour over chops. Cover and bake in a 350° oven for 1 hour or until tender.

## BARBECUED BEEF BRISKET

Louise Dooley  
Ct. #2017

4-5 lb. boneless beef brisket  
1/2 c. catsup  
1/2 c. chopped onion  
1/4 c. vinegar  
1 bay leaf, finely crumbled

2 Tbsp. cornstarch  
1/4 c. water  
1 1/2 tsp. salt  
1 1/2 tsp. liquid smoke  
1 Tbsp. Worcestershire sauce

Rub salt into meat and place in a 9x13 inch baking dish. Stir together remaining ingredients except the cornstarch and water. Pour over the meat. Cover tightly with a lid or aluminum foil and bake at 325° F. for 2 hours. Remove from oven and place on a platter. You may use some of the sauce to pour over the meat. Slice and serve either hot or cold.

#### BARBECUED RIBS

Louise Dooley  
Ct. #2017

4-6 lb. spareribs	1 Tbsp. vinegar
1 c. catsup	3 Tbsp. brown sugar
2/3 c. tomato juice	1 tsp. salt
2 Tbsp. Worcestershire sauce	1 clove garlic, minced

To prepare the barbecue sauce combine catsup, tomato juice, Worcestershire sauce, vinegar, brown sugar, salt and garlic in saucepan. Bring to a boil. Lower heat and cook slowly for 10 minutes, stirring occasionally. Cut spareribs into serving sized pieces. Place ribs on grill, rib ends down, 5 inches or as far as possible from heat. Cook 1-1 1/2 hours, turning often to brown evenly. During the last 30 minutes brush ribs with barbecue sauce and turn occasionally. Serves 4-6.

#### BARBECUED RIBS AND WINGS

K. Castillo  
Ct. #2017

Barbecue sauce	1/2 c. cream of coconut
1/2 c. tomato sauce	1/2 tsp. onion powder
4 Tbsp. white vinegar	2 cloves garlic, crushed
1/2 tsp. ground ginger	1 tsp. salt
3 Tbsp. oil	

Mix all ingredients and keep refrigerated. Yields 1 1/2 cups. Place ribs whole in baking pan. Cover with hot water. Bake in a preheated 400° oven for 1/2 hour. Drain. Brush with barbecue sauce and cut into individual ribs. Marinate for 1-2 hours. Broil ribs for 10 minutes on each side, basting frequently with sauce. Marinate chicken wings in sauce for 1-2 hours. Broil for 20 minutes on each side, basting frequently. Chicken is ready when skin is crisp and golden brown.

#### BARBECUED ROCK CORNISH HENS

Catherine Castillo  
Ct. #2017

3 Rock Cornish hens or small chickens, halved	1/3 c. lemon juice
1 Tbsp. cornstarch	2 Tbsp. onion powder
1 (8 oz.) can tomato sauce	1 Tbsp. garlic powder
3/4 c. salad oil	2 tsp. ground ginger
3/4 c. soy sauce	1/2 tsp. ground black pepper

In medium saucepan blend cornstarch with 1 tablespoon of tomato sauce. Blend in remaining tomato sauce, along with oil, soy sauce, lemon juice, onion and garlic powder, ginger and black pepper. Bring to a boil, stirring constantly. Cook and stir 1 minute. Cool completely. Place hens in snug fitting pan. Pour 1 1/4 cups tomato mixture over hens, coating hens on both sides. (Save remaining marinade for another barbecue.) Cover. Refrigerate about 2 hours. Preheat oven to 350°. Place hens on rack in shallow open pan. Bake, turning and basting occasionally with marinade until hens are fork-tender, about 1 hour, or, place hens on rack over slowly burning coals, turning and basting occasionally with marinade until hens are fork-tender, about 1 hour.

#### BARBECUED SPARERIBS

Ruth Crail  
Ct. #2017

Cut 3 pounds spareribs into serving size portions.

##### Barbecue Sauce:

3/4 c. molasses	1/3 c. orange juice
3/4 c. catsup	1 1/2 Tbsp. salad or olive oil
3/4 c. chopped onion	1 1/2 Tbsp. vinegar
2 cloves garlic, crushed	3/4 tsp. prepared mustard
4 whole cloves	1/2 tsp. salt
1 Tbsp. grated orange peel	1/4 tsp. pepper
	1 tsp. Worcestershire sauce
	Dash of Tabasco sauce

Preheat oven to 325° F. Wipe meat with damp paper towels. Arrange in single layer in shallow roasting pan. Cover pan with foil. Bake for 30 minutes. Pour off fat. Meanwhile, make barbecue sauce: In large saucepan, combine molasses with remaining ingredients. Stir to mix well.

Bring to boiling; reduce heat and simmer uncovered 5 minutes. Increase oven temperature to 400°. Pour sauce over spareribs. Roast, uncovered, basting often for 45 minutes or until tender and nicely browned. (6 servings)

#### BATTERED FRIED VEAL

Magda Mireles  
Ct. #1581

Veal steaks, 1/2 inch thick, cut into serving pieces	1/2 tsp. salt
1 c. flour	3/4 c. grated sharp cheese
1 1/2 lb. shortening	2/3 c. beer
	1 tsp. olive oil
	2 eggs, well beaten

Slice veal into thin pieces (being careful not to tear the meat). Season with salt and pepper. Preheat skillet and meat shortening, flour batter, sift flour and salt together. Add grated cheese, stale beer and olive oil, then eggs and blend well. Dip meat in a batter; fry until golden brown. Drain on absorbent paper.

#### BEEF BRISKET

Polly Fogel  
Ct. #2017

1 large brisket	2 tsp. celery salt
2 Tbsp. liquid smoke	2 Tbsp. Worcestershire sauce
1 tsp. garlic salt	

Mix all ingredients together and spread on lean side of brisket. Wrap in foil and place in baking pan. Let set overnight in refrigerator. Next day, scrape off all ingredients and pour off juice; to this, add 2 teaspoons pepper, 1 1/2 teaspoons salt and 1 cup plain barbecue sauce. Turn brisket over and pour mixture over it. Wrap in foil and bake at 250° for 5 hours.

#### BEEF TONGUE TACOS

Mrs. Delgado  
Ct. #1581

3 lb. tongue	1/2 medium size head cabbage
3 tsp. salt	3 large carrots, grated
2 garlic cloves	1/4 c. mayonnaise

Cook tongue in salted water and garlic until tender. Remove skin from tongue and slice. Prepare cabbage and carrots, slicing them very fine. Add mayonnaise and serve with tongue on a folded warm (in open flame) corn tortilla.

#### BEEF WITH GREEN PEPPERS

Rita Yearwood  
Ct. #2017

1 lb. lean beef	1 Tbsp. dry sherry
1 Tbsp. cornstarch	2 medium/3 small green
1 tsp. sugar	peppers
1/4 tsp. Accent	4 Tbsp. vegetable oil
2-3 Tbsp. soy sauce (according to taste)	1/2 tsp. salt
	1 garlic clove, crushed

Cut beef across the grain into slices about 2 inches long and 1/2 inch thick. Combine cornstarch, sugar and Accent. Blend with soy sauce and sherry. Mix with sliced beef; set aside. Cut green peppers into 1 1/2 inch pieces. Pour 2 tablespoons oil into skillet/wok; set over high heat. Add salt then green pepper. Stir constantly until peppers turn a darker green, about 1 minute. Remove green peppers, leaving as much oil in skillet as possible. Spread peppers out on plate. Add remaining oil to skillet with crushed garlic. Stir in the beef mixture. Cook, turning constantly, for 2 minutes. Add green peppers; mix well. Serve immediately with fluffy rice. Makes 2-3 servings.

#### BEER STEAK

Cecilia S. Baeza  
#2017

1 round steak, 1/2 inch thick	1 beer (at room temperature)
1 large onion	

Cut steak into serving pieces. Wash and soak up all water with paper towel. Salt and pepper meat on both sides. Dip into flour. In deep cast iron skillet heat 3 tablespoons cooking oil. Brown meat on both sides, turning only once. Turn heat down to simmer. Slice onion and arrange on top of meat. Slowly pour beer over all the meat. Cover tightly and let simmer for 3 hours.

## BISTEC VERDE

1 Kilo Bistec  
1/4 de Tomatillo  
1 Cebolla  
2 Ajos

Los Bistec se doran a fuego lento, por los dos lados. Cuando ya estan se le agrega el tomatillo la cebolla, ajo y las almendras licuado todo y se le ponen y se dejan hervir 20 minutos con su raja de canela.-

## BREAKFAST SAUSAGE

2 1/2 lb. fresh boneless lean pork  
1/2 lb. fresh pork fat  
(The above two should be cut into cubes or strips)  
2 1/2 tsp. rubbed sage  
1 tsp. black pepper

Grind pork and fat together, using fine hole disc of meat grinder. Mix spices in warm water; add to meat. Mix with hands until thoroughly blended. Refrigerate up to 12 hours to allow flavors to develop. Shape into patties, a roll for slicing or stuff in casings purchased from your meat department. Makes about 4 pounds. These sausages can be frozen up to a month.

## BROCCOLI CASSEROLE

1 pkg. chopped broccoli  
2 eggs  
1 can cream of mushroom soup  
3/4 c. mayonnaise

Cook broccoli as directed; drain. Beat eggs and add everything else. Put in casserole and top with crushed Ritz crackers. Bake at 350° for 40 minutes or until set. Can be made ahead and cooked just before serving.

Concepcion G. De Baca.  
Cd. Juarez, Mx.

1 raja de canela  
1 Taza de almendras  
Pimienta y sal al gusto

## WALTER DOOLEY

Walter Dooley

1/2 tsp. crushed red pepper  
1 tsp. paprika  
1/4 tsp. each allspice, nutmeg and dry mustard  
Pinch of cayenne pepper  
1/4 c. warm water

## BROCCOLI-SPINACH CASSEROLE

2 (10 oz.) pkg. frozen chopped spinach  
2 (10 oz.) pkg. frozen chopped broccoli

1 small pkg. onion soup mix  
8-16 oz. sour cream  
1 c. grated Cheddar cheese

Cook vegetables according to package directions and drain well. Mix sour cream and soup and combine with vegetables. Sprinkle with cheese. Bake covered for 30-45 minutes at 350°. Serves 8-10.

## BUDIN DE PATE FOIE-GRAS

Ma. Refugio Carbajal  
Cd. Juarez, Mx.

1/2 Kilo lomo de cerdo.  
1/4 Kilo de higado de cerdo.  
100 gramos de mantequilla  
10 gramos sal de nitro

2 dientes chicos de ajo.  
4 huevos.  
Vinagre al gusto  
Pimiento, nuez moscada y sal al gusto

Se ponen las carnes con la sal de nitro durante 6 horas se muelen en crudo, se incorporan a los demás ingredientes, sepone en un molde engrasado en Bano Maria, en la rejilla de enmedio de su horno IEM-TAPPAN cuando salga un punzon limpio se saca y se prensa. Se sirve en rebanadas.

## BURRITOS

Mrs. Delgado  
Ct. #1581

1/2 doz. flour tortillas  
1 lb. hamburger meat  
1 tsp. salt

1 tsp. pepper  
2 tsp. cumin seed powder

Mix meat, salt, pepper; add cumin powder. Cook until done. Warm flour tortillas and spread the meat over them. Roll and serve. Serves 3.

## BATTERED FRIED VEAL

Court #1581

1 lb. veal cut steaks, 1/2 inch thick	1 c. flour
Salt and pepper	1/2 tsp. olive oil
1 1/2 lb. shortening	3/4 c. grated sharp cheese
	2/3 c. beer
	2 eggs, well beaten

Slice veal into thin serving pieces (being careful not to tear meat). Season with salt and pepper. Preheat skillet; melt shortening. Make batter by sifting flour and salt together. Add grated cheese, stale beer and olive oil and the beaten eggs. Mix well. Dip meat in batter and fry until golden brown. Drain on absorbent paper.

## CALDILLO

Grace Galvan

1 1/2-2 lb. round steak, diced	3 potatoes, diced
1 lb. green chiles, roasted, peeled, chopped	1/2 c. chopped onion
	1 large tomato, chopped

Brown diced round steak in oil. Add the chopped chile, onions and tomatoes. Add water to barely cover. Salt and pepper to taste. Cook about 20 minutes. Add diced potatoes and continue cooking until meat is tender. Thicken with flour or cornstarch.

## CALIFORNIA CHICKEN CACCIATORE

Ruth Crail  
Ct. #2017

3 Tbsp. flour	1 Tbsp. instant minced onion
1 tsp. salt	1/2 c. chopped green pepper
1/4 tsp. pepper	2 Tbsp. chopped parsley
1 (3 lb.) chicken	1/4 tsp. garlic powder
1/2 tsp. seasoned salt	1/4 tsp. oregano
3 Tbsp. vegetable oil	1 can stewed tomatoes
1 c. canned pitted ripe olives	

Combine flour, salt and pepper. Coat chicken with seasoned flour. Heat oil. Brown chicken on all sides. Add all remaining ingredients except olives. Bring to a boil; lower heat. Cover, simmer 25 minutes. Add ripe olives. Cook 15 minutes longer, until chicken is fork tender.

## CALYPSO CHICKEN

K. Castillo

1 (4-5 lb.) roasting chicken	1/4 c. chopped pistachio nuts
1/2 lb. ground pork	1 c. fresh bread crumbs
1 1/2 lb. fresh spinach, chopped and drained	1 egg, slightly beaten
1 tsp. sage (ground)	1/2 c. light rum
1 tsp. crushed thyme	1 c. orange marmalade

Wash chicken inside and out and season with salt and pepper. In bowl blend pork, spinach, seasoning, nuts, bread crumbs, eggs and 1/4 cup rum. Spoon into chicken; truss. Place in shallow roasting pan. Dot with butter and roast at 325° for 25 minutes per pound. During the last 45 minutes brush with marmalade mixed with remaining rum. Serve with rice. Makes 4-8 servings.

## CAMARONES CON TOCINO

Iganicia Ch de Villalobos.

15 Camarones  
15 Tiritas de tocina

10 Grs de queso amarillo

Se limpian y se descabechan los camarones, se ponen a cocer en suficiente agua con sal al gusto, cuando ya estan cocidos, se les hace una rajadita en el dorso y se les pone una tiritita de tocino y se frien. Se sirven con ensalada de lechuga.

## CARNE A LA FLORENTINA

Profa. Vicenta Venavente Grajeda.

Cd. Juarez, Mx.

1/2 kilo de carne molida de res	1/2 kilo de carne molida de cerdo.
2 cucharadas de aceite de olivo.	2 cucharadas de leche
1/2 taza de pan molido.	1/2 kilo de pure espeso de papas.
8 tomates grandes redondos.	1 lata de elotes
2 pimientos verdes cortados encuadrados.	2 cucharadas de mantequilla. Sal y pimiento al gusto.

Se revuelve la carne el aceite, la leche, el pan, la sal y la pimienta. Se amasa con la mano y en un papel encerado

y engrasado se extiende - la carne como de un centimetro de grueso, encima se le pone una capa de pure de papa bien frio. Con cuidado se enrolla la carne sin el papel y despues se envuelve en el mismo papel, se mete al refrigerador por una hora. Se saca y se corta rebanadas de regular tamano de gruesas.---En un molde refractario untado en mantequilla, se acomodan las rebanadas y alrededor se ponen los tomates a los que se les ha sacado la pulpa para rellenarlos con el elote y pimientos ligeramente sancochados en mantequilla y sazonados con sal y pimienta. Encima de los tomates y la carne - se ponen trocitos de mantequilla y se meten al horno caliente a 350°. Bajando el calor a 250° al momento de meter la carne. Se dejan hasta que la carne este cocida, banandolos con el jugo de los tomates y si es necesario de le pone poquita agua.

#### CARNE A LA AMERICANA

Rosa Pastrana.  
Cd. Juarez, Mx.

1 Kg. Carne de res (molida)	1/2 Cucharadita de paprika
1 Taza de pan molido	1/2 Kg. Queso Kraft
1/2 Taza de leche	2 Cucharas de mantequilla
1/2 Cebolla finamente picada	Unhuevo entero batido
1/4 Taza de perejil picado	Sal y pimienta, al gusto

Se revuelven muy bien todos los ingredientes menos el queso, y se ponen en un molde de pan untado de mantequilla y se mete todo al horno caliente 350 aproximadamente unos 40 mins. Cuando esta asi ya cocido la carne se le hacen unos cortes y se colocan las rebanadas de queso. Se mete un rato mas al horno para que el queso empiece a derretir. Se sirve muy caliente en el mismo molde.

#### CARNE ASADA

Mrs. J. F. Delgado  
Ct. #1581

5 lb. carne de res	3 zanahorias grandes, peladas
2 dientes de ajo	3 botes medianos de tomate, picados
1/4 de libra de chorizo	1/2 cebolla mediana, picada
3 papas grandes, peladas	Sal y pimienta

Se hacen cortaduras o mellas en la carne y se llenan con el ajo. Se rosia con sal y pimienta. Se pone en una casserola junto con las papas, la zanahoria, la cebolla, chorizo y el tomate y se cosen a un fuego manso de 350° hasta estar bien cocido.

#### CARNE CON CHILI COLORADO

Mrs. Delgado  
Ct. #1581

1 lb. sirloin beef, diced	1 tsp. cumin powder
1 lb. pork meat, diced	1 c. meat broth
8 large chilies	1/4 c. flour
11 cloves garlic	1/4 c. oil

Cook meat until tender, making a broth. Soak chilies in warm water. Remove seed and grind with garlic and cumin powder to a sauce. Add salt. Brown flour in fat. Add chili sauce. Add to meat and broth and let simmer until well done.

#### CARNE DE CERDO EN PIPIAN

Ma. Socorro V. Trevizo.  
Cd. Juarez, Mx.

1 kilo carne de cerdo	1/2 taza nueces peladas
2 chiles anchos	2 dientes chicos de ajos.
1/2 taza cacahuates pelados	Manteca o aceite
	Pimienta y polvo en sal al gusto.

Se frien en manteca los ajos y los chiles desvenados y tostados; se muelen junto con las nueces y los cacahuates. Se cuela con caldo de la carne cocida en rebanadas. Se frie en manteca requemada, el pepian se sazona y se le pone pimiento y sal. Se deja hervir junto con la carne y se sirve.

#### CARNE MOLIDA AL HORNO (Para 6 Personas)

CON CREMA  
Teresa B. Vda. de Santillan  
Cd. Juarez, Mx.

1/2 Kilo de carne molida	1 1/2 Tazas de crema
10 Papas medianas	2 Cucharadas de mostaza
2 Cucharadas de margarina	1 Cucharada de salsa de soya
3 Cebollas rebanadas	Sal y pimienta.

Se pelan y se cortan las papas en tiras delgadas, se fre la cebolla rebanada durante algunos minutos en la margarina. Se coloca--la mitad de las papas en en fondo de un traste refractario, se condimenta con sal y pimienta. Se sancocha la carne y se pone encima de la capa de papas, se condimenta con mas sal y pimienta. Se cubre la carne con el sobrante de tiras de papa. Se mezcla la crema con la mostaza y la soya, se vierte esta mezcla encima de las capas de papa y carne y se hornea a 300 grados durante 45 minutos.

#### CEBICHE

1/2 kilogramo de sierra  
100 grs. de aceitunas  
4 cucharadas de perejil  
finamente picado  
2 cebollas grandes finamente  
picadas.

Ma. Socorro Trevizo V.

4 jitomates gdes. pelados y  
finamente picados en crudo  
1 aguacate pelado y partido  
en tiritas, jugo 20 limones  
aceite de oliva el necesario,  
una latita de chiles jalapenos  
en escabeche, sal, pimienta  
le necesaria.

El pescado se limpia, se le quita el pellejo y se pica  
los mas fino posible, se lava y se pone en una fuente de  
cristal y se cubre con el jugo de limon, asi se deja unas  
doce horas en el refrigerador. Al dia siguiente se escurre  
muy bien y se le agrega el resto de los ingredientes, los  
chiles se picaran lo masfino posible y se les pone su jugo al  
gusto de las personas para que no pique, tambien se pone  
el jugo de las aceitunas y aceite suficiente para que no quede  
espeso, se revuelve todo, se sazona con sal y pimienta  
(menos el aguacata) se pone en el refrigerador.

#### CERDO CON MANZANAS

Vicenta Benavente  
Cd. Juarez, Mx.

1 kilo de lomo de  
cerdo limpio en trozo.  
4 manzanas peladas y  
partidas en pedazos.  
1 vaso de vino blanco.  
2 cucharadas de mantequilla.

1 cucharada de prejil finamente  
picado.  
Un poquitode nuez  
moscada.  
Sal y pimiento al gusto.

Se pone a cocer la carne con una cucharada de  
mantequilla, las manzanas y el vino blanco, el perejil y

las especias y un poquito de agua. Se deja hervir hasta  
que la carne este suave y las manzanas deschaciendose. Se  
separan las manzanas de la carne y se muelen, agregandose  
la otra cucharada de mantequilla y se ponen encima de la  
carne como pure. Se calientan de nuevo para servirse  
inmediatamente.

#### CERDO EN CERVEZA

Ma. Socorro V. de Trevizo  
Cd. Juarez, Mx.

1 taza de rebanadas de  
cebolla  
1 diente de ajo machacado  
8 papas pequenas peladas  
parcialmente.  
1/2 Kilo de cerdo en  
trocitos

1 botella de cerveza  
1/4 taza de harina  
1/2 taza de salsa de chile  
rojo  
1 trocito (25 grs. aprox)  
depiloncillo.  
Sal y pimienta.

Revuelque los trocitos de cerdo en harina mezclada  
con sal y pimienta. Dorelos rapidamente en el aceite.  
Apartelos, acitrone en el mismo sarten la cebolla y el ajo.  
Agregue la salsa de chile, - el piloncillo y la cerveza.  
Vuelva a colocar los trocitos de cerdo y anada las papas  
Tape y cocine a fuego lento una hora. (6 porciones)

#### CHEESE-GRITS CASSEROLE

Opal Lucia

1/2 c. grits  
1 c. grated cheese  
1/4 tsp. garlic salt

1 stick oleo  
1/4 c. milk  
2 eggs

Cook grits in 2 1/2 cups boiling water for 20 minutes.  
Add the grated cheese, garlic salt, oleo and milk. Cool a  
little and add beaten eggs. Bake for 30 minutes at 350°.

#### CHICKEN BREASTS WITH DRIED BEEF Mary M. Wailes

9 boned chicken breasts  
1 small onion, sliced thin  
9 slices bacon

1 can cream of mushroom soup  
8 oz. sour cream  
1/2 jar dried beef

Line casserole with dried beef. Wrap a slice of bacon  
around each chicken breast and place on beef. Place a thin  
slice of onion on top of each piece of chicken. Combine soup

and sour cream. Pour mixture over chicken. Bake covered for 2 hours at 225° then bake 1 hour longer uncovered.  
Serves 9.

#### CHICKEN BREASTS SUPREME

Lillian Markham

6 large, boned chicken breasts	1 can cream of mushroom soup
6 slices bacon	1 (4 oz.) can mushrooms, drained
1 jar dried beef	1 c. sour cream

Wrap bacon and chicken in roll. Use skewer. Place on shredded dried beef in casserole. Combine remaining ingredients and pour over chicken. Bake at 325° for 1 1/2 hours or until tender. If casserole is metal, bake at 350°.

#### CHICKEN AND BROCCOLI CASSEROLE

Connie Castillo

1 large bag (or 3 boxes) cut frozen broccoli	2 cans cream of chicken soup
6 chicken breasts, cooked, cooled, cut bite size	1 c. sour cream
	1 tsp. lemon juice
	1/2 tsp. curry powder

Grease large flat casserole dish (12x12x2 inches) and place broccoli (drained) on bottom. Spread chicken over broccoli. Combine soup, curry, sour cream and lemon juice. Mix well and spread over chicken. Top with topping:

1/2 c. bread crumbs	1/2 c. Parmesan cheese
1/3 c. melted butter	

Combine and sprinkle over all. Bake for 45 minutes at 350°.

#### CHICKEN CASSEROLE

1 chicken	1 can cream of chicken soup
1 can chow mein noodles	

Mix 1 can cream of chicken soup with only 3/4 can water and mushrooms, if desired. Place ingredients in baking dish in layers. Bake for 45 minutes at 350°.

#### CHICKEN DIABLE

Lucy Flynn

1 fryer chicken, cut up	1/2 c. honey
1/2 stick butter or oleo	1 tsp. salt
1/4 c. prepared mustard	1 tsp. curry powder

Melt butter in shallow baking pan. Stir in remaining ingredients. Roll chicken pieces in butter mixture to coat all sides. Arrange pieces in a single layer in same pan. Bake for 1 hour at 375° or until done.

#### CHICKEN ENCHILADAS

Myrtle Netzer  
Ct. #1731

Saute 1 chopped onion in 1 stick oleo. Add:

1 small can chopped chiles
1 can beef consomme
1 soup can water chicken was cooked in

1 can cream of mushroom soup
---------------------------------

In a 9x13 inch pan layer 1 package cut up tortillas, cooked, deboned chicken, 1/2 pound grated Longhorn cheese and soup mixture (make 2 layers). Heat in a 350° oven for about 30 minutes or until it bubbles.

#### CHICKEN IN TOMATO SOUP

Mrs. Delgado

3 lb. fryer	3 small cinnamon sticks
1 can whole tomatoes	1 pinch of sugar
4 c. water	1 small onion
1 clove garlic	

Cut chicken into 6 pieces. Cook them in salted water until tender. Fry onion and garlic. Add mashed tomatoes, water, salt, cinnamon sticks and sugar. Boil until it is the right consistency. Add cooked chicken pieces and boil for 15 minutes more. Remove from fire. Let cool about 5 minutes and serve. Serves 6.

## CHICKEN IN WINE SAUCE

6 chicken breasts  
1 bunch green onions  
2 Tbsp. butter

Brown 6 chicken breasts in a skillet; remove. Chop 1 bunch of green onions, including 1/2 of green tops, and saute in 2 tablespoons butter. Add 1 can mushroom soup, milk, wine. Simmer for 25 minutes. Place brown chicken in baking dish and pour mixture over the breast and bake for 1 hour at 325°.

## CHICKEN 'N GRAVY

3-3 1/2 lb. frying chicken  
1/4 c. flour  
1/4 c. melted butter  
8-10 small cooked onions  
1/4 lb. sliced mushrooms  
2/3 c. undiluted evaporated milk

Dip chicken in flour. Place skins down in melted butter in a 2 quart shallow baking dish. Bake uncovered in a moderately hot oven (450°) for 30 minutes. Turn chicken; bake 15-20 minutes longer or until tender. Pour off excess fat. Add onions and mushrooms to chicken. Mix evaporated milk, soup, salt, cheese and pepper; pour over chicken. Sprinkle with paprika, if desired. Cover dish with foil. Bake at 325° for 15-20 minutes. Serves 6-8.

## CHICKEN PIQUANT

1 1/2 c. dry rose wine  
1/2 c. soy sauce  
1/2 c. salad oil  
4 Tbsp. water  
2 Tbsp. brown sugar

Pour mixture over chicken breasts arranged in baking dish. Refrigerate at least 1 hour, longer for more flavor. Bake at 375° for 1 hour. Serve with rice. Serves 4.

Lucia Flynn

1 can golden mushroom soup  
3 Tbsp. milk  
5 Tbsp. wine

## CHILES RELLENOS CASSEROLE

4 eggs, separated  
1 Tbsp. flour  
2 (4 oz.) cans green chiles, drained, seeds removed  
1/2 lb. Jack cheese, shredded

2 sliced tomatoes  
3/4 c. evaporated milk  
1 tsp. salt  
1/8 tsp. pepper  
1/2 lb. Cheddar cheese, shredded

Beat egg yolks with milk, flour, salt and pepper. Beat egg whites until stiff and fold into egg yolk mixture. Butter a 12x8 inch baking dish. Place a layer of chiles in casserole then a layer of cheese and then tomatoes. Top with egg mixture. Bake at 325° for 40-50 minutes or until done. Serves 8.

Maeda Apodaca

1 (10 1/2 oz.) can cream of mushroom soup  
3/4 c. grated process-type cheese  
3/4 tsp. salt  
1/8 tsp. pepper

## CHICKEN WINGS SWEET AND SOUR

1 pkg. chicken wings  
1 (12 oz.) bottle chili sauce

1 (16 oz.) can cranberry sauce (whole or jellied)

Polly Fogel

Cut boney tips off wings. Place wings in pan. Combine sauces; bring to a boil. Pour over wings. Bake at 300° for 45 minutes.

Polly Fogel

## CHICKEN WITH MOLE

Mrs. Delgado

3 lb. fryer  
1-6 oz. glass mole (Dona Maria brand)

Sugar to taste  
2 cloves garlic  
Flour

Cook chicken in salted water with garlic until tender. Dissolve mole in chicken broth. Brown flour. Add the mole. Add sugar and let it boil to the right consistency (thick as desired). Add the boned chicken in pieces. Boil about 10 minutes or longer. Serve hot. Serves 6-8.

## CHILI RELLENO CASSEROLE

1 large can green chilies	4 eggs, well beaten
Grated cheese	1 c. sweet milk
Chopped onion	Salt and pepper to taste

Drain large can of green chilies and roll in flour. Butter or grease casserole. Cover bottom with chilies. Add layer of grated cheese and chopped onions; continue with layers of chilies, cheese and onions. Beat eggs. Add milk, salt and pepper. Pour over chili mixture. Bake at 350° for 30-40 minutes. Serve hot - great cold, too!

## CHILIES RELLENOS BAKE

1 lb. ground beef	4 beaten eggs
1/2 c. chopped onion	1 1/2 c. milk
1/2 tsp. salt	1/4 c. all-purpose flour
1/4 tsp. pepper	1/2 tsp. salt
2 (4 oz.) cans green chilies, drained	Dash of pepper
1 1/2 c. (6 oz.) shredded sharp Cheddar cheese	Several dashes of bottled hot pepper sauce

In skillet cook beef and onion until beef is browned and onion is tender; drain off excess fat. Add the first 1/2 teaspoon salt and 1/4 teaspoon pepper. Halve chilies crosswise; remove seeds. Place half the chilies in a 10x6x2 inch baking dish. Sprinkle with cheese. Top with meat mixture. Arrange remaining chilies on top. Combine remaining ingredients; beat until smooth. Pour over chilies. Bake in a 350° oven for 45 minutes or until knife inserted comes out clean. Let stand 5 minutes. Makes 6 servings.

## CHILIQUELLOS CASSEROLE

2 lb. ground beef	2 chopped onions
1/2 tsp. comino seed (cumin)	2 cans Mt. Pass enchilada sauce, prepared as directed on can
Salt, pepper, garlic to taste	1 lb. grated cheese

Opal Lucia  
Ct. #1731

Brown meat, onion and seasonings in small amount of fat. Add enchilada sauce and cook 20-30 minutes. Arrange alternate layers of cheese, meat mixture and tostados in deep baking dish. Bake in a moderate oven for 30-45 minutes.

## CHIMICHONGAS

Ct. #2017

3 lb. beef, cut into small cubes	2-3 tomatoes, quartered
Lard	2 c. beef stock
6 green chiles	1/2 tsp. oregano
1-2 serrano chiles	Salt and pepper
1 large onion, diced	Flour tortillas
1 clove garlic	Longhorn/Monterey Jack cheese

Brown meat in lard. Place chiles, including seeds, in blender with onion, garlic and tomatoes. Puree and add to browned meat with stock and seasonings. Cover; simmer 2-3 hours. Cook until thick, being careful not to burn during last part of cooking. Fill flour tortillas as for burritos, using toothpicks if necessary to keep filling inside. Deep fat fry until golden brown. Drain and put on broiler rack. Sprinkle with grated cheese and melt under broiler until bubbly. Serve immediately.

## CHOPSTICK TUNA

Margaret A. Ness

1 can condensed cream of mushroom soup	1/2 c. salted, toasted cashews
1/4 c. water	1 (3 oz.) can chow mein noodles
1 (6 1/2 or 7 oz.) can tuna	1/2 c. sliced celery
Dash of pepper	1/4 c. onion

Combine soup and water. Add 1 cup chow mein noodles, tuna, celery, cashews, onion and pepper; toss lightly. Place in ungreased baking dish. Sprinkle remaining noodles on top. Bake in a moderate oven (375°) for 15 minutes or until thoroughly heated. May garnish with Mandarin orange sections. Makes 4 or 5 servings.

## CHULETAS DE CERDO A LA VERACRUZANA

Oliva A. Santoyo  
Cd. Juarez, Mx.

1/2 kilo de chuletas  
de cerdo  
3 chiles anchos  
1 diente de ajo

1 cucharadita de oregano  
1/4 kilo de tomatilla  
1 taza de crema

Se asan los tomates. Los chiles se asan y se limpian moliendolos con crema y las hierbas sazonando con sal. Con este mole se untan las costillas y se ponen a hornear por 20 minutos.

## CHULETAS DE PUERCO ENCHILADAS

Ma. Teresa G. De Martinez  
Cd. Juarez, Mx.

6 chuletas de puerco  
3 chiles anchos  
1 cebolla pequena  
2 clavos de especie  
3 cucharadas de vinagre

50 gramos de grasa  
2 chiles mulatos  
2 dientes de ajo  
1 rajita de canela  
Sal al gusto.

Se desvenan los chiles y se doran ligeramente en la grasa, remojelos en agua caliente y muelalos con los ajos y cebolla tambien dorados, los clavos y la canela; paselos por un colador y agrege el vinagre y sal. En esta salsa moje las chuletas, acomodelas en una charola engrasada y metalas al horno caliente hasta que se cuezan bien. Sirvalas con hojas de lechuga y papitas doradas.

## CINCINNATI CHILI

Mary Atkins

1.  
4 lb. lean ground beef  
3 large chopped onions

2 cloves garlic

2.  
3 (8 oz.) cans tomato sauce

1 pt. water

3.  
2 Tbsp. salt

4 Tsp. chili powder

2 Tbsp. vinegar

4.

10 bay leaves  
8 small red peppers

1 Tbsp. cinnamon

6 allspice balls (whole)

Brown in large skillet the first group of ingredients. When brown add the second group. Stir well and add the third group. Then, put in small bag or tie in cloth for easy removal after cooking the last group of ingredients. Simmer 2-4 hours. Serve in bowl with oyster crackers or over spaghetti topped with grated sharp cheese.

## CLEAN, NEAT BAKED HAM

Fr. Paul GoPaul

5 lb. canned precooked ham (or whatever size desired)

Brown sugar to taste  
Pineapple juice or other juice of choice

Whole cloves  
Pineapple rings  
Cherries (red or green)

White wine  
(optional)

Mace  
Thyme  
Ground cloves  
Lemon pepper  
Pinch of Accent

With a beer can opener make openings on each of 4 sides of the can of ham. Place the can of ham in the oven at 350° for 30 minutes, until the jelled juices are liquid. Remove from oven and pour out the melted liquid. Measure this liquid. Make a glaze with brown sugar, pineapple juice (or juice of choice), white wine. Mix well and heat in a saucepan until blended well. Now, measure out the same amount of glaze as was removed from can and pour back into the can through the holes. Return to oven. Reduce heat to 320° and continue cooking 20 minutes to the pound. When it is cooked remove from oven and finish opening the can. With a large fork lift the ham out of can and place in a baking dish. Score top of ham and cover with whole cloves (in each diamond shape). Coat top of ham with the glaze it was cooked in. To garnish, place pineapple rings with a cherry in the center. Return to oven for 15 minutes more at low heat.

Why not use the original liquid from the ham for the vegetables you will make for your dinner?

## CORNED BEEF PIE

1 egg, slightly beaten  
1 (1 lb.) can corned beef hash  
1/2 c. catsup  
2 c. cooked lima beans

Combine beaten egg, corned beef hash and catsup; mix thoroughly. Press into bottom and sides of greased 8 inch pie pan. Spread lima beans over hash. Place cheese, milk and mustard in saucepan. Heat slowly until cheese is melted. Pour cheese mixture over top of lima beans. Bake for 25 minutes at 400° F. Serves 8.

## CORN DE CARNE

1/2 Kilo de carne de res molida	100 Grs. de tocino (para el adorno)
100 grs. de jamon crudo	1 Taza de leche
1/2 Barra de mantequilla (50 grs)	1 Taza de polvo de galleta Sal y pimienta

Pida a su carnicero que le muela el jamon junto con la carne. Revuelva todos los ingredientes, menos el tocino. Apriete al mode para que no se juegue al vaciar el relleno. Acomode el relleno en el molde, apretandolo tambien. Corte el exceso de tocino Horneelo a 175 g por espacio de 1/2 hora o un poca mas, dependiendo esto del diametro del molde.

Una vez fuera del horno dejelo enfriar 5 minutos y vacielo sobre y acomodelo en el centro el tallarin recien hecho y rallandole suficiente queso.-

## COSTILLAS A LA PARRILLA

1 Kilo costillas de carnero  
100 gramos polvo de pan  
Ajus, canela, laurel al gusto.

Ma. Refugio Carbajal  
Cd. Juarez, Mx.

Tomillo, pimienta y sal al gusto.  
Manteca.  
Vinagre.

Connie Braden  
Ct. #1731

1/4 lb. processed American cheese, cubed  
3 Tbsp. milk  
1/8 tsp. dry mustard

Las costillas se sancochan en agua con sal, los olores se muelen se les pone vinagre, y se untan con esto las costillas, que estaran separadas una de la otra.

Se untan de polvo de pan, se ponen en el comal engrasado de su IEM-TAPPAN a calor suave para que queden tiernas. Se sirven con ensalada de col y guacamole.

## COSTILLAS DE PUERCO

1 Kilo costillas sin desgrasar	1/4 taza aceite
1 naranja	2 ajos
1 manzana	1 cebolla
1 pera O pina	Pimienta y sal al gusto.
1 taza de agua	

Se frien las costillas cortaditas en su misma grasa se le pone la manzana pera o pina agua ajo picadito la cebolla en anillas. Todo despues de freido con el aceite se sirven calientes.-

## COUNTRY POT ROAST WITH NOODLES AND CARROTS

F. Greenough  
Ct. #2017

5-6 lb. blade-bone beef chuck roast	1 clove garlic, crushed
Flour	1 c. tomato juice
1 1/2 tsp. salt	2 Tbsp. Worcestershire sauce
1/4 tsp. pepper	1 tsp. dried oregano leaves
1/4 c. salad oil	8 carrots, pared and sliced 1/4 inch thick
1/2 c. chopped onion	1 (8 oz.) pkg. wide noodles
1/2 c. chopped celery	2 Tbsp. chopped parsley

Wipe roast with damp paper towels. Combine 1/4 cup flour, the salt and pepper; use to coat roast. In hot oil in a large skillet over medium heat brown roast well on all sides, about 20 minutes in all. Add onion, celery and garlic; saute until golden. Add tomato juice, 1 1/4 cups water, Worcestershire sauce and oregano; bring to boiling. Reduce heat and simmer, covered, turning meat once, for 2 hours. Add carrots; simmer 30 minutes longer or until meat and carrots are tender. Meanwhile cook noodles as directed on package; drain. Remove roast and carrots to heated serving platter. Surround with noodles and sprinkle with parsley; keep warm.

Pour pan drippings into 2 cup measure. Skim off fat and discard. In a small bowl stir 2 tablespoons flour with 2 tablespoons water until smooth. Stir into pan juices; bring to a boil. Reduce heat. Simmer 3 minutes. Serve with roast.

#### CUBE STEAK ITALIANO

1 lb. cube steak	1 c. bottled spaghetti sauce
1 onion	Salt and pepper
1 green pepper	2 Tbsp. oil

Slice into strips 1 pound cube steak, 1 onion, 1 green pepper. Saute all in 2 tablespoons salad oil. Stir in 1 cup bottled spaghetti sauce, salt and pepper. Cover; simmer 10 minutes. Serve over pasta or rice. Serves 4.

#### CUETE ALMENDRADO

1 Cuete cocido	1 Diente de ajo
1/2 K. tomate	Aceitunas
100 grs. de almendras	Aceite
1/2 Cebollita	1 Ramito de perejil
	Sal y pimienta al gusto

El tomate se muele con la cebolla, el ajo, y las almendras tostadas en un poco de aceite. Todo esto se frie en un poco de aceite y se sazona con sal, la pimienta y el perejil. Si esta muy espeso se le puede agregar un poquito de agua y luego que ha hervido unos 20 mins. Se le anade el cuete cocido y rebanado muy delgadito. Se le ponen las aceitunas y se deja sazonar otros 10 mins.-

#### CUETE GRATINADO

1/4 Barra de mantequilla	1 Cubo de consome (si se usa agua)
2 Cucharadas de harina	150 Gramos de Queso
1 Litro de agua o caldo del cuete	1 Lata de chicharos
	1 Cuete cocido
	Pan molido el necesario

Se cuece el cuete con su sal y hierbas de olor, ya que este fria se rebana lo mas delgado que se pueda.

Se frie en la mantequilla, el harina y agua y se prepara una salsa agregandose el cubo del consome y los chicharos, se deja hervir hasta que espese.

En un molde engrasado con mantequilla se pone una capa de cuete, una capa de salsa, una capa de queso y pan molido y asi sucesivamente hasta terminar con queso y pan molido. Se mete al horno por una hora.

#### CUETE MECHADO EN ZANAHORIAS Esther V. de Diaz.- Cd. Juarez, Mx.

1 Cuete	Sal, Pimienta
2 Zanahorias	4 Cucharadas de harina
2 Rebanadas de tocino	

Se limpia muy bien el cuete y con un cuchilla se le hacen unos agujeros a lo largo, para irle poniendo los pedazos de zanahorias previamente peladas y cortadas a lo largo en rebanadas largas y delgadas se sazona con sal y pimiento se envuelve con el harina se pone a dorar y cuando ya este bien dorado de todos lados se pone alrededor los pedazos de tocino crudo y se deja cocinando a fuego manzo por 2 1/2 o 3 horas se rebana y con el juguito que queda se le hace un greivi con tantita harina (al cocinarse sele pone 2 tazas de agua).

#### CURRIED BEEF BALL

Rita Yearwood  
Ct. #2017

1 lb. beef	1/4 melted butter
1 pkg. rice stuffing mix	1 egg, beaten
3/4 c. hot water	2 tsp. curry powder

Combine 1 pound beef, 1 (6 ounce) package rice stuffing mix, 3/4 cup hot water, 1/4 cup melted butter/margarine, 1 well beaten egg and 2 teaspoons curry powder. Shape into 60 (1 1/4 inch) balls and bake covered at 300° for 20-25 minutes.

## CURRIED CHICKEN

1 (30 oz.) can apricot halves  
 1 (15 1/4 oz.) can pineapple chunks  
 6 large chicken breast halves, skinned, boned  
 3 Tbsp. cornstarch  
 1/4 c. butter or margarine

Condiments, if desired: Chutney, dark and white raisins, toasted almonds, toasted coconut.

Drain apricots and pineapple, reserving 1/2 cup each apricot and pineapple liquid. Slice chicken crosswise into chunks; toss chunks in cornstarch. Melt butter in large skillet. Add chicken, onions and curry powder and cook over medium heat, stirring occasionally, until onions are tender, about 10 minutes. Stir in reserved fruit liquids, undiluted chicken broth, salt and ginger; cook until mixture thickens and begins to boil. Pour into a 2 quart baking dish. Add drained apricots and pineapple chunks. Cover dish with plastic wrap or foil; refrigerate. To serve, bake uncovered in a 350° oven for 45 minutes. Serve with hot cooked rice. Pass condiments.

## CURRIED LAMB

1 c. diced celery with tops  
 1 medium diced onion  
 2 Tbsp. drippings  
 2 c. cooked lean lamb

Brown celery and onion in drippings. Add meat gravy and seasonings. Use a larger quantity of curry powder, if desired. Stir over low heat until well mixed and hot. Add boiling water if too dry.

Louise Dooley  
 Ct. #2017

3 medium onions, sliced  
 3-4 tsp. curry powder  
 1 (10 3/4 oz.) can condensed chicken broth, undiluted  
 1 1/2 tsp. salt  
 1/4 tsp. ginger  
 3 c. hot cooked rice

## CURRIED SHRIMP

1 (12 oz.) pkg. shrimp, cooked  
 3 Tbsp. butter  
 1 medium onion, chopped  
 1 Tbsp. curry powder  
 1 tsp. salt

1 small apple, cored and chopped  
 1/4 c. chopped green pepper  
 3 Tbsp. flour  
 1 tsp. Beau Monde seasoning  
 1 1/4 c. milk  
 2 c. cooked rice

Melt butter. Add chopped onion, apple, green pepper and curry powder. Cook the mixture over low heat until the onion and pepper are tender. Add flour and blend well. Gradually stir in milk until the mixture is smooth and thickened. Continue cooking over low heat until you are satisfied with the taste and consistency. Add the shrimp which have been prepared according to the cooking directions on the package. Heat the shrimp in the mixture for about 3 minutes. Serve on a bed of rice. Serves 4.

Lucia Flynn  
 Ct. #1581

2/3 c. brown gravy  
 1/8 tsp. curry powder  
 2 drops Tabasco sauce, if desired  
 Salt

## EGGS A LA SUISSE

Rosie Lunsford

4 oz. Swiss cheese,  
 thinly sliced  
 4 eggs  
 Pinch of nutmeg  
 Pinch of cinnamon

1 Tbsp. butter  
 Pinch of paprika  
 Salt and pepper to taste  
 1/2 c. light cream

Butter a 3 cup oval gratin dish and line the bottom with 2 ounces Swiss cheese. Crack eggs into the dish and sprinkle them with a pinch each of nutmeg and cinnamon. Cover the eggs with 2 ounces Swiss cheese and dot the cheese with butter. Sprinkle the cheese with paprika, salt and pepper. Add light cream and bake the eggs in a pre-heated hot oven (400°) for 15-17 minutes or until the cream bubbles and the top is lightly browned. Split and toast 2 English muffins. Butter the halves and top each one with a slice of baked ham or Candian bacon and a portion of the eggs. Serves 2.

## EGGS FLORENTINE

1 (10 oz.) pkg. frozen spinach  
3 Tbsp. chopped onion  
2 Tbsp. butter

Louise Dooley  
Ct. #2017

Saute onions in butter until transparent. Add spinach, nutmeg and salt and pepper. Spread spinach mixture in the bottom of 4 individual baking dishes. Make an indentation and break an egg over spinach. Bake at 350° for 30 minutes or until eggs are just set. The secret is to not let the eggs get too done. Serve with Hollandaise Sauce.

## EGGS WITH CHERRY ON TOAST

CDA Ct. #1581

3 Tbsp. butter  
3 Tbsp. cherry wine  
6 eggs, beaten

3 Tbsp. parsley, minced  
Salt  
Cayenne pepper

Melt butter and add eggs. Season with salt and cayenne pepper. Stir lightly when mixture begins to coagulate; add parsley and wine. Continue cooking until creamy consistency is reached. Stir occasionally. Serve immediately on hot buttered toast.

## ENCHILADAS

Mrs. Delgado

1 pkg. mild red chili powder  
1/2 c. flour (toasted light brown)  
1 clove garlic, chopped fine  
1/2 c. lard

6 c. tap water  
1 doz. corn tortillas (bought)  
1/2 lb. grated cheese  
1 small onion, chopped fine  
1/4 head lettuce, chopped fine

Mix red chili and flour in water, stirring until flour dissolves. Add garlic and salt. Fry tortillas and dip them in the chili sauce. Cover each one with cheese, onion and lettuce. Serves 4.

## FESTIVE POTATO CASSEROLE

4 large potatoes, peeled and cut into 1 inch cubes  
1 (7 oz.) jar pimentos, drained and chopped  
1 (10 3/4 oz.) can cream of chicken soup, undiluted

1 (10 3/4 oz.) can cream of mushroom soup, undiluted  
1 (8 oz.) jar process cheese spread  
Salt and pepper  
8-10 slices bacon, cooked and crumbled

Place potatoes in a greased shallow 2 quart casserole. Sprinkle with chopped pimento. Combine soup, cheese spread, salt and pepper in a medium saucepan. Cook over low heat, stirring constantly, until hot and smooth. Pour over potatoes. Cover and bake at 350° for 1 hour or until potatoes are tender. Stir occasionally. Sprinkle with bacon before serving.

## FILETES A LA PARRILLA

Ma. Socorro V. Trevizo.  
Cd. Juarez, Mx.

1 Kilo filete de ternera  
1 cucharadita perejil picado  
1/2 kilo de papas  
Jugo de limon al gusto.

125 gramos de mantequilla  
1 cucharada de aceite  
2 jitomates duros

Los filetes se dejan un poco de tiempo con el jugo del limon, sal y pimienta; se les pone una rociadita de aceite.

Ya para servirse se untan los filetes de mantequilla ablandada, se ponen en el horno a calor fuerte. Se ponen bien calientes en un platon se adornan con las papas cocidas moldeadas fritas en mantequilla roceadas con el perejil, poniendoles pimienta y sal. Se pone el jitomate en rebanadas.

## FILLET GOURMET BURGERS

Lucy Flynn  
Ct. #1581

1 1/2 lb. ground beef/hamburger  
2 finely diced onions  
1 Tbsp. garlic salt (optional)

Dash of Tabasco sauce  
1/4 tsp. chile powder  
1/4 c. Poonmac (optional)  
Dash of Worcestershire sauce

Salt and pepper  
1 small can button mushrooms

1/2 lb. bacon  
Paprika

Mix all ingredients together except bacon and paprika. Form into large patties and strip with a slice of bacon. Secure bacon with toothpick. Sprinkle with paprika on both sides and broil to taste. Serves 6.

FILETES DE PESCADO FRITO. Ma. Socorro Trevizo V.

8 rebanadas de robalo en filetes delgados  
2 huevos crudos enteros

Harina la necesaria para empanizar el pescado, el jugo de un limon. Aceite de olivo para freir, el necesario, sal y pimienta la necesaria

El pescado ya lavado se pone en una fuente rociandolo con el jugo de limon y espolvoreandolo con la sal y pimienta, se dejar reposar unos 20 minutos, luego se van escurriendo las rebanadas y se empanizan con la harina, luego se pasan por el huevo batido y se frien en la grasa caliente, se cocinan a fuego suave para que el pescado se cueza y no se queme y dore parejo. Se sirve solo o adornandolo con lechuga picada y rodajas de limon.

FLAUTAS (Stuffed Flour Tortilla)

Mrs. Delgado  
Ct. #1581

1 lb. hamburger meat  
1 tsp. salt  
1/4 small onion, chopped fine  
1/2 fresh tomato, chopped fine

1 clove garlic, minced  
1 tsp. cumin powder  
2 tsp. lard to fry meat  
1/4 c. lard to fry flautas

Prepare by mixing the hamburger meat with salt, onion, fresh tomato, garlic, cumin powder and pepper. Fry in fat and cook until done. Put 2 corn tortillas together lengthwise. Place cooked meat in center and roll them to form the flauta (flute). Pin with toothpicks to hold. Fry in deep fat until light brown. Serve with avocado dip or with cream.

FRIED CHICKEN

Peggy Casteel

Use 1 chicken, cut up. Make a mixture of:

Milk, garlic, sugar  
Vanilla, salt, pepper

Flour  
Cooking oil

Dredge chicken in flour then in milk mixture, again in flour. Fry to golden brown in cooking oil.

FRITO PIE

Lucia Flynn

1 lb. ground meat  
6 Tbsp. flour  
2 cloves chopped garlic  
3 Tbsp. chili powder  
1 large pkg. Fritos

4 c. water (save 1 c. to mix with flour)  
1 medium onion, sliced thin  
1/4 lb. grated American cheese

Brown meat with garlic. Simmer with 3 cups water and chili powder for 1/2 hour or more. Thicken with flour. In greased casserole alternate layers of meat, onions, cheese, Fritos, ending with Fritos. Bake for 10 minutes at 300°.

GLAZED PORK STEAKS WITH ZESTY PEACH SAUCE

Emalyn Otto

6 pork blade steaks, cut 3/4 inch thick  
1 (29 oz.) can cling peach slices  
1 Tbsp. cornstarch

1 tsp. salt  
1 Tbsp. prepared mustard  
1/2 c. catsup  
1/4 c. sweet pickle relish  
2 Tbsp. vinegar

Drain peaches, reserving syrup. Combine cornstarch and salt in a saucepan. Blend in mustard. Add reserved peach syrup, catsup, sweet pickle relish and vinegar. Cook, stirring very slowly, but constantly, until thickened. Stir in peaches and cook for 5 minutes. Place pork steaks on a grill top 4-5 inches from heat over ash-covered coals (or on rack in broiler pan) and broil at low to moderate temperature for 25-35 minutes, turning occasionally. Brush with peach sauce during last 10 minutes of cooking. Serve with warm peach sauce. Makes 6 servings.

## GLORI FRIED CHICKEN

2 lb. various chicken parts  
2 Tbsp. shortening or oil

Roll chicken in flour. Brown in oil. Pour off grease. Stir in mushroom soup. Cover and simmer for 45 minutes. Stir occasionally. Makes 4-6 servings.

## CORDITAS (Corn Patties)

2 lb. masarina bought  
(masa harina)  
1 tsp. salt  
2 tsp. baking powder  
1/2 lb. yellow cheese,  
ground  
Salt and black pepper

Mix masarina, baking powder, salt, cheese and water in a large bowl. Knead and make small patties. Fry in 400° hot lard. Remove and let cool. With sharp knife, slice patties. Make ready to be stuffed. Fry meat with salt and pepper to taste. Add garlic, onion, mashed potatoes and tomato. Fry until well done. Stuff patties with prepared hamburger mixture. Cover with thin slice of lettuce.

## GRAPE LEAF ROLLS (Fela)

1 lb. ground beef  
1/4 c. butter or margarine  
1 c. canned tomatoes  
1/2 c. uncooked long  
grain rice  
1 onion, chopped  
Salt and pepper

Combine together all the ingredients except for the leaves and water. Rinse grape leaves several times in cool water to remove brine. Lay out grape leaves with leaf veins up and stem toward you. Put 1 teaspoonful meat mixture in center close to the stem. Turn in sides of leaf. Roll from

Lily Martinez  
Ct. #1731

1 can cream of mushroom  
soup

Mrs. Delgado  
Ct. #1581

1 lb. hamburger meat  
(Grade A)  
3 large potatoes, cooked  
and mashed  
1 clove garlic  
1/2 medium size tomato  
1 medium size onion

## K. Castillo

2 Tbsp. crushed mint leaves  
or chopped parsley  
Canned grape leaves or  
cooked cabbage leaves (can  
use fresh grape leaves,  
cooked)  
1 1/2 c. hot water

stem toward top of leaf to form an oblong roll. (If you prefer to use cabbage, cook cabbage until done, then roll a tablespoonful of the filling in each leaf.) Arrange rolls in saucepan with leaf closing down to keep them from opening while cooking. If desired, place a small plate over the rolls to guarantee their remaining intact. Add water. Turn heat high until it starts to boil; reduce heat to medium for 25 minutes. As a main dish, this serves 4-5. Serve with a tossed salad and French bread.

## GROUND BEEF - PANCAKE CASSEROLE

M. Brooks  
Ct. #2017

1 1/2 lb. ground beef  
1/3 c. chopped onion  
1 tsp. salt  
2-3 tsp. chili powder

1 (8 oz.) can tomato  
sauce  
1 (1 lb.) can tomatoes  
1 (1 lb.) can whole kernel  
corn

## Dumplings:

1 1/2 c. pancake mix  
1/2 c. crushed corn chips  
1 egg

2 Tbsp. cooking oil  
1/2 c. water

Using an electric skillet or Dutch oven brown the ground beef and onion; drain. Stir in salt, chili powder, tomato sauce, tomatoes and corn with liquid. Simmer 10 minutes; stir occasionally.

Dumplings: Measure the pancake mix by lightly spooning into a cup; level. Combine pancake mix with corn chips. Add egg, oil, water; mix well. Spoon batter over bubbling meat mixture. Cover and simmer 15 minutes without removing lid. Dumplings should be puffy and dry on top.

## HAMBURGER PROVENCAL WITH GARLIC BREAD

Florence Greenough  
Ct. #2017

2 lb. ground beef chuck  
1/3 c. salad oil  
1 c. sliced onion  
1 clove garlic, crushed  
1 lb. small whole  
mushrooms

1 (1 lb.) can stewed  
tomatoes  
1 (6 oz.) can tomato paste  
1 Tbsp. chopped parsley  
1 tsp. salt  
1/2 tsp. dried thyme leaves

1/4 tsp. pepper  
Garlic bread  
3 Tbsp. butter or  
margarine, softened

1 small clove garlic,  
crushed  
12 slices French bread

In large skillet saute beef until browned. Remove with slotted spoon. Drain fat from skillet; discard. In hot oil in same skillet saute onion and 1 clove garlic until golden. Add mushrooms; saute until golden. Return meat to skillet. Add tomatoes, tomato paste, parsley, salt, thyme and pepper. Bring to boiling. Reduce heat. Simmer, covered, stirring occasionally, for 25 minutes. Meanwhile, make garlic bread; blend butter with garlic. Spread on bread slices. Heat under broiler 3-4 inches from heat for 1-2 minutes or until golden. Turn beef mixture into heated shallow serving dish. Place bread slices around edge. If desired, sprinkle chopped parsley over all. Serves 6.

#### HAM ROLL

1 (3 oz.) pkg. cream cheese  
2 Tbsp. whipping cream  
1 Tbsp. prepared horseradish

6 stuffed olives  
Dash of white pepper  
1/4 tsp. salt  
6 slices boiled ham  
1/4 tsp. paprika  
Chopped olives

Combine all ingredients except ham. Mix them well. Spread creamed mixture evenly on each ham slice. Roll about 1/2 inch and serve with toothpick.

#### HAWAIIAN CHICKEN

1 chicken, cut up  
1 (#2) can sliced pineapple  
1/3 c. flour  
1/2 tsp. nutmeg  
1/4 c. shortening

1 tsp. cornstarch  
1/4 c. soy sauce  
1/2 tsp. celery  
Salt

Mix flour and seasoning together. Roll chicken in seasoned flour. Brown in shortening. Arrange in baking dish. Combine sugar and cornstarch with 1 cup pineapple juice. Blend in soy sauce; cook until mixture comes to a

boil. Pour over chicken in baking dish. Cover dish and bake in a 350° oven for 1 hour and 15 minutes. Brown pineapple slices and serve.

#### HOMINY CASSEROLE

1 (32 oz.) can hominy, drained  
1 small can chopped green chilies

Mix all ingredients together and bake in covered casserole dish at 350° for 35-45 minutes.

#### HOMINY CASSEROLE

1 (20 oz.) can hominy, drained  
1/2 c. sour cream  
1 can chili con queso

Mix together and bake at 350° for 30-35 minutes.

#### HOMINY CASSEROLE

1 (20 oz.) can hominy, drained  
1 can chopped green chili

Mix and bake at 350° for 30-35 minutes.

#### HOT CHICKEN CASSEROLE

3 c. diced, cooked chicken  
2 c. diced celery  
2 Tbsp. chopped onion

Mix together all above and spread in pan. Sprinkle with 1 cup grated cheese and sprinkle with 1 cup crushed

Imogene Lawrence

1 (6 oz.) can chili-conqueso (frozen kind)  
1 c. grated cheese  
1/2 c. sour cream

M. Netzer  
Ct. #1731

1 can chopped chiles  
1 c. grated cheese  
Salt to taste

1/2 c. sour cream  
1 c. grated cheese  
1 can chili con queso  
Salt to taste

CDA

Ms. Polly Fogel  
Ct. #2017

1 c. mayonnaise  
2 Tbsp. lemon juice  
1 can water chestnuts, sliced

potato chips. Bake at 450° for 10 minutes. Serves 6.  
(May use leftover chicken or turkey.)

#### HUEVOS AL ESTILO YORK

2 Huevos, crudos, batidos	4 Huevos cocidos
1 Taza de leche	1 Cucharadita de polvos de hornear
1 Taza de harina cernida	1/3 Taza de sal
	1/2 Cucharadita de mantequilla derretida

Se pone a calentar en el horno una cacerola previamente engrasada. Se batén los dos huevos crudos con la leche. Se agrega la harina cernida, con los polvos de hornear y la sal; se bate hasta que la pasta este suave. Se cubre el fondo de la cacerola caliente con los huevos cocidos rebanados en cuartos. Se les pone encima el batido y se mete al horno bien caliente hasta que empieza a esponjar y dorarse ligeramente. Se reduce la temperatura del horno y se hornea durante 25 minutos mas.

#### HUEVOS RANCHEROS

1/2 medium size onion, chopped	1-2 tsp. chili piquin
1 clove garlic, chopped fine	2 eggs per person
1 can tomato sauce	2 corn tortillas per person

Fry the garlic and onion together. Add the tomato sauce, salt, black pepper and chili piquin and simmer for 10 minutes. Fry the eggs sunny side up and the tortillas, two at a time. Serve them in a plate, using the tortilla as a base. Cover with the sauce and grated cheese, if desired.

Rita H. Cisneros  
Cd. Juarez, Chih. Mx.

#### ITALIAN PEPPER STEAK

1 large onion, sliced	6 enriched hard rolls
1 large green pepper, sliced	Butter
1 large sliced tomato	6 cubed steaks, broiled/ grilled
1/4 c. Italian salad dressing	6 slices (1 oz. each) Mozzarella cheese

Saute onion, green pepper and tomato in salad dressing until soft. Cut rolls lengthwise and butter. Place steaks on roll bottoms; cover with cooked vegetable mixture and top with cheese slices. Broil 3-4 minutes in gas oven or until cheese melts, and buttered side of tops is lightly browned. Close sandwich. Serves 6.

#### JAMBALAYA

1 (8 oz.) pkg. brown and serve sausage	Rita Yearwood
2 c. uncooked instant rice	2 Tbsp. instant minced onion
2 c. water	2 Tbsp. chicken bouillon (2 cubes)
1 (16 oz.) can stewed tomatoes	1 tsp. salt
1 (12 oz.) pkg. frozen cleaned raw shrimp	1/4 tsp. ground thyme
	1/4 tsp. chili powder
	1/8 tsp. cayenne red pepper
	1/2 c. chopped green pepper

Cut sausages into 1 inch diagonal slices; brown. Add remaining ingredients except peppers. Heat, stirring occasionally to boiling; reduce heat. Simmer uncovered 10 minutes, stirring occasionally. Stir in green pepper and heat.

#### JAMON CON PINA

1 jamon entero crudo	1 pina cortada en ruedas
1 taza de vino rosado.	1 taza de azucar
24 clavos de olor	1 taza de mantequilla.

\* Con un cuchillo afilado, hagale unos cortes transversales al jamon en forma de-diamantes. En cada extremo de ellos,

K. Castillo  
Ct. #2017

introduzca un clavo de olor. Unte el jamon con el azucar. Banelo con el vino. Pongalo dentro de una cacerola y en mantequilla dorelo. Anada las ruedas de pina y las cerezas. Dejelo cocinar afuego mediano durante media hora.

**LENGUA CON SALSA DE ALMENDRAS** Carmen Grajeda  
C. Juarez, Chih.

1 Lengua de res.	100 gramos de chicharos
3 Huevos	2 zanahorias
250 gramos de jitomate.	1 lechuga
75 gramos de almendras	Aceite, vinagre, pimienta, sal al gusto

Se cuece la lengua con sal hasta que quede bien tierna; se pela, se rebana y se acomoda en un platon. Los huevos se cuecen; el aceite y vinagre se revuelven con dos huevos cocidos y molidos y con la almendras peladas y molidas. Se sazona con pimienta y sal y con esto se bana la lengua.

Se adorna el platon poniendole alrededor las zanahorias cocidas y cortadas en figuritas, los chicharos cocidos, el otro huevo cocido cortado en tiritas y las hojas tiernas de la lechuga.

**LENGUA EN NUEZ** Martha Cabada.  
C. Juarez, Chih.

1 una lengua	1/4 kg. de corazones de nuez
4 chiles poblanos rojos	Tomillo, mejorana ajo, - Laurel y cebolla al gusto

Para cocinar la lengua, se le pone las llervas de olor, los ajos y cebolla.

Cuando este bien blanda se saca del consome y se escurre - bien, para poderla cortar en ruedas. Se remojan los chiles y cuando esten remojados se lavan bien, y se muelen en la licuadora con mas ajos.

El cuarto kilo de nueces se le ahregan el caldo de la carne-para que se lique todo junto. Se pone a calentar media cuchara sopera de aceite, o manteca, y se frie todo lo licuado. Cuando este a punto de hervir, se le agrega la carne y se deja veinte o quince minutos en el fuego, sin dejar de moverla.

**LENGUA O POLLO CON SALSA DE CACAHUATE**

Adela G. de Villalobos.-  
Cd. Juarez, Mx.

1/2 Taza de cacahuates	1 Tomate pelado y rallado grande
1 Tortilla dorado	1 Ramite de perejil
1 Raja de canela	1 Pedazo de cebolla
8 Pimientos de bola	1/2 Ajo
1 Clavo entero	1 Pollo lengua grande.

Se frie todo menos la carne, sin que se queme, aparte se frie unicamente la carne ligeramente, se muele todo junto lo que esta frito y lo picado---(tomate, cebolla y ajo bien molido). Todo se frie otra vez hasta que quede chinito se le agrega elcaldo de lengua o pollo que estaran ya cocidos a que quede espesito segun de desee el sazon.-

**LIVER AND ONIONS, INDIAN STYLE**

Louise Dooley  
Ct. #2017

1 1/2 lb. beef liver	2 Tbsp. butter
1/2 c. plain yogurt	1 large onion, thinly sliced
4 Tbsp. lemon juice	1 Tbsp. water
2 tsp. curry powder	Salt and pepper to taste
1/8 tsp. pumpkin pie spices	

Cut liver into 3 inch strips. Combine yogurt, lemon juice, curry powder and pumpkin pie spice. Marinate liver strips in this mixture for 30 minutes at room temperature. Melt the butter in a non-stick skillet. Wipe marinade off the meat with a spoon. Reserve marinade. Fry liver strips 3 minutes over high heat, turning frequently. Remove to a platter. Add water and onions to skillet. Cook and stir over high heat until liquid evaporates and onions are golden and tender, but somewhat crisp. Place atop liver. Put remaining marinade in the skillet. Cook and stir; scrape pan well until mixture simmers. Return liver and onions to skillet over medium heat and stir, coating with sauce. Serve immediately. Serves 6.

LIVER WITH MUSHROOMS AND WHITE WINE K. Nelson  
Ct. #2017

4 slices bacon, diced  
1/4 c. finely chopped onion  
1 (6 oz.) pkg. frozen sliced mushrooms  
1 lb. sliced baby beef liver  
1 Tbsp. flour

Fry bacon in large pan over moderate heat until crisp. Remove bacon; drain and reserve to one side. Add onion and mushrooms to drippings in pan. Cook over medium heat until onions are transparent. Remove skin and tubes from liver, cut into strips and cook in pan drippings and toss to brown 3-4 minutes. Sprinkle salt and pepper, along with flour, over the liver; blend well. Stir in wine and the half & half; bring to a boil. Reduce heat and simmer for 4-5 minutes. Garnish with parsley and reserve bacon pieces. Serve with rice.

HIGADO AL LIMON  
(4 porciones)

1 1/2 libras (500 gramos) de hígado de ternera, cortado en lonjas muy delgadas.  
3 cucharadas de harina  
1 cucharadita de sal.

Aproximadamente 10 minutos antes de servir. Sobre un papel encerado combine la harina con la sal y la pimienta. Envuelva bien el hígado en esta mezcla. Pongo a derretir la mantequilla en una sartén mediana y luego sofria en la misma el hígado hasta que este tierno, alrededor de dos minutos por cada lado. Despues rocíelo con el jugo de limón y el perejil.

1/2 tsp. salt  
Dash of pepper  
1/2 c. dry white wine  
1 c. half & half cream  
1 Tbsp. chopped parsley

Edwigis Rey de Quesada.  
Cd. Juarez, Chih., Mx.

1/2 cucharadita de pimienta.  
4 cucharadas de mantequilla  
2 cucharadas de jugo de limón  
2 cucharadas de perejil picado.

LOMO ALMENDRADO

1 kilo lomo de cerdo  
75 gramos de almendras  
1 jitomate  
2 chiles anchos  
Ajo, pimienta, tomillo y sal, al gusto.

1 cucharada cebolla picada  
1/2 taza de extracto de café  
Manteca o aceite para freir  
Agua, la necesaria

Se pone a cocer el lomo con los olores, el extracto de café sal y agua a cubrirlo; se deja al fuego y cuando empieza a ablandar se le ponen los chiles tostados en manteca molida, se deja resecar el agua, se frie en manteca y se saca, se unta de una pasta que se hace con almendras doradas en manteca y molidas; se vuelve a freir y se agrega el jitomate, dejándose al fuego hasta que quede seca la salsa. Se sirve en un plato con verduras y papas moldeadas fritas en mantequilla y hojas de lechuga.

MANCHA MANTELES

Antonieta M De Esquinca  
Cd. Juarez, Mx.

Entre los mas tradicionales platos de la cocina mexicana para el mes de octubre destacan el legendario manchamanteles.

Para 2 kilos de carne de cerdo, medio kilo de chile ancho oregano, clavos, cominos, pimienta, y dientes de ajo.

Lacarne se cuece. El chile se tuesta se desvena y se muele con todas las especias y se frie muy bien en poca manteca. Cuando esta frito este recaudo se agrega la carne y el caldo colado y se deja a fuego lento a que sazone. Se cortan cuadros grandes de camote cocido, de piña y de manzana agria y rebanadas anchas de plantano macho crudos y se le agregan. Se pone en un plato y se adorna con pan frito en manteca y rebanadas de cebolla.

MARINATED PORK ROAST

Polly Fogel  
Ct. #2017

1/2 c. soy sauce  
• 1/2 c. dry sherry  
2 cloves garlic  
1 Tbsp. dry mustard  
1 tsp. ginger

1 tsp. thyme  
1 (4-5 lb.) rolled pork roast or 1/2 of a pork loin roast

Make a marinade of the first ingredients. Put roast in a plastic bag. Pour marinade over it. Close the bag and refrigerate overnight. Remove the roast from marinade. Roast uncovered at 325° for 2 1/2-3 hours. Baste occasionally during the last hour of cooking with the reserved marinade. (Approximately 10 servings)

#### MEAT BALL STEW

1 1/2 lb. ground beef
1 egg, slightly beaten
1 c. cracker crumbs
1/4 c. finely chopped onion
1 tsp. salt
2 Tbsp. oil
1 (10 3/4 oz.) can tomato soup

Mix beef, egg, cracker crumbs, onion and salt. Shape into 24 meat balls. Brown in oil in skillet. Drain off excess fat. Add remaining ingredients. Cook over low heat for 20 minutes or longer. Make sure everything is tender. Stir now and then to keep from sticking. Top with chopped parsley. Makes 6 servings.

#### MEAT LOAF

2 lb. ground beef
1 lb. ground pork
2 garlic cloves, chopped
1 large onion, chopped
1 tsp. salt
1 tsp. ground black pepper
1 crumpled bay leaf
1 tsp. crumbled thyme leaves
1 tsp. chopped green peppers
1/2 c. dry bread crumbs
2 eggs
Bacon or salt pork

Mix all ingredients in a large bowl except bacon/pork and knead with fingers until mixture is blended. Arrange enough slices of bacon or pork on bottom of baking dish. Brush loaf with butter or margarine across the top. Roast at 325°, basting occasionally, for 1 1/2 hours or until the meat is cooked enough. Serve hot with tomato sauce or cold, cut into thin slices. Makes superb sandwiches.

Opal Lucia  
Ct. #1731

1 (10 3/4 oz.) can beef broth
1/4 tsp. thyme, crushed
1 (1 lb.) can sliced carrots, drained
1 (1 lb.) can whole white potatoes, drained
1 (8 oz.) can small white onions, drained

#### MEAT LOAF

1 1/2 lb. ground beef
1 c. cracker crumbs
2 beaten eggs
1 1/2 tsp. salt

Opal Lucia  
Ct. #1731

1 (8 oz.) can tomato sauce
1/2 c. finely chopped onion
2 Tbsp. chopped green pepper
Chili sauce or catsup

Combine all ingredients except chili sauce. Mix well. Shape into loaf. Score with handle of wooden spoon. Fill score with chili sauce or catsup. Bake at 350° for 1 hour.

#### MEAT LOAF

2 lb. ground meat
2 eggs
Crackers

Pilar Vazquez

Put in some milk. Fix it as a loaf. Place it in the oven until cooked.

#### MEAT ROLLS MILANESE

1 (10 oz.) pkg. frozen chopped spinach, thawed
1/4 c. fine dry bread crumbs
1 egg, slightly beaten
1 tsp. garlic salt
6 small cube steaks

K. Castillo

2 Tbsp. oil
1 (1 1/2 oz.) env. spaghetti sauce mix with mushrooms
1 (1 lb.) can tomatoes
1 (6 oz.) can tomato paste
Parmesan cheese

Combine spinach, bread crumbs, egg and garlic salt. Spread a spoonful of spinach mixture on each steak. Roll as for jelly roll and fasten with wooden picks. Brown in oil in a large skillet over a medium gas flame (325°-350° - dial setting on controlled burner) then remove. Blend contents of envelope of spaghetti sauce mix into pan drippings; add tomatoes, tomato paste and bring to a boil. Add meat rolls to the mixture. Cover and simmer over a low gas flame (200°-225°) for 45 minutes or until tender. Remove wooden picks. Sprinkle lightly with Parmesan cheese and serve over spaghetti or nooodles.

MEXICANOS  
(6 personas)

6 tajadas de ternera  
1 1/4 k. de carne molida.  
2 huevos  
1 taza de miga de pan remojada en leche.  
1 taza de consome de res

Golpee las tajadas de ternera hasta que esten bien finitas.- Por separado, prepare una mezcla de carne molida, pan remojado en leche, dos cucharaditas de queso parmesano, sal y pimienta al gusto y perejil picado. Agregue dos huevos y mezclese todo muy bien. En una superficie plana extienda una por una las tajadas de ternera y ponga el centro de cada una un poco del relleno de ternera, enrollandola en forma de salchichas, y por ultimo asegurandolas con un picadientes. Coloquelas en una sarten con la mantequilla. Espolvoree un poco de harina sobre las "salchichas" y pongalas a cocinar. Cuando esten a medio cocer anada un poco de caldo de carne y - deje que la salsa se seque un poco.

MEXICAN CORN BREAD WITH GROUND MEAT

Lucia Flynn  
Ct. #1581

1 c. yellow corn meal  
1 c. milk  
3/4 tsp. salt  
1/2 tsp. soda  
1/2 c. bacon drippings  
2 eggs, beaten

Mix corn meal, milk, salt, soda, bacon drippings, eggs and corn and set aside. Prepare separately the onion, chili and cheese. Grease large black iron skillet. Heat and sprinkle a very thin layer of meal in skillet and let it brown slightly. Pour 1/2 of the batter into skillet. Sprinkle cheese evenly over batter then meat, onion and, next, peppers. Pour remaining batter on top. Bake for 40-45 minutes at 350°. Serve with green salad.

Edwigis Rey de Quesada.  
Cd. Juarez, Chih., Mx.

Un poco de harina  
2 cucharaditas de queso parmesano  
Sal, pimienta y perejil, al gusto  
2 cucharaditas de mantequilla.

MEXICAN SHREDDED BEEF

Ct. #2017

8 lb. top sirloin/eye of round  
2 cloves garlic  
1 bay leaf  
12 oz. can tomatoes  
1/4 c. fresh cilantro (coriander)  
Salt and pepper to taste

1 bottle Wish-Bone Italian salad dressing  
1 c. chopped green chiles  
1 c. cooked garbanzo beans  
1/2 lb. Monterey Jack cheese, cut into 1/2 inch squares  
2 avocados, cut into strips  
1 bunch parsley

Place beef in heavy pot. Cover with water and add garlic, bay leaf, tomatoes, cilantro, salt and pepper. Cook over medium heat about 5 hours. Remove broth; cool meat and cut into 2 inch squares. Shred and arrange in a 9x11 inch Pyrex dish. Cover beef with salad dressing and allow to marinate overnight in refrigerator. Before serving, arrange the following in layers over beef: Beans, cheese, chiles, avocados. Decorate with parsley.

MILANESAS RELLENAS

Ma. Socorro V. de Trevizo  
Cd. Juarez, Mx.

4 milanesas de cerdo  
1 taza de frijol negro refrito  
1 chile serrano picado

1 cucharada de cebolla molida o rallada  
1/2 diente de ajo machacado  
Sal y pimienta  
Aceite para freir.

Unte las milanesas con la cebolla y el ajo. Fria en el aceite a fuego lento sin dorar, solo hasta que desparezca su colorrosado. Agregue sal y pimienta. Mezcle el frijol con el chile y rellene las milanesas con esto, enrollandolas a modo de taco. Sujete con un palillo. Vuelvalas al aceite hasta que sedoren por todos lados. (4 porciones)

MILANESAS EN SALSA DE TOMATE

Edwigis Rey de Quesada.  
Cd. Juarez, Mx.

6 Milanesas.  
2 dientes de ajo  
1/2 cebolla.

1 Lata de pure de tomate.  
Sal y pimiento al gusto.

Sazone las milanesas con sal y pimienta. Frialas de una pasada en poco aceite bien caliente y apartelas.- Pique finamente dos dientes de ajo y media cebolla y dorelos en el mismo aceite.- Anada una lata del pure de tomate y media cucharadita de oregano. Dejelo cocer a fuego lento durante 10 minutos y viertalo sobre las milanesas.-

#### MING SPARERIBS

Lily Martinez  
Ct. #1731

5 lb. meaty spareribs, cut into finger size eating pieces	1/3 c. honey
	3/4 tsp. ginger
2/3 c. orange marmalade	1/2 c. soy sauce 1/2 tsp. freshly ground pepper

Arrange spareribs in roasting pan. Mix orange marmalade, honey, ginger and pepper together. Pour over ribs and let stand overnight. Next morning, bake in a 350° F. oven for 30 minutes. Reduce heat to 300° F. Cover ribs and continue to bake for 1 hour. Baste occasionally with sauce in pan. Serves 6.

#### MOCK STEAK DIANE

K. Castillo

2 lb. beef round steak, 3/4 inch thick	1 tsp. Worcestershire sauce
2 Tbsp. flour	2 tsp. brown sugar
1 tsp. salt	1 (4 oz.) jar sliced drained mushrooms
2 Tbsp. water	1 green onion, thinly sliced
1/4 c. dry sherry	

Cut steak into 6 serving-size pieces. Combine flour and salt; dredge meat and pound both sides. Brown meat in cooking fat in large frying pan. Pour off drippings. Add water; cover tightly and cook slowly for 1 hour. (Add additional water during cooking if necessary.) Combine sherry, brown sugar and Worcestershire sauce. Stir into cooking liquid and continue cooking, covered, 25 minutes or until meat is tender. Add mushrooms and green onions and continue cooking 5 minutes. (6 servings)

#### MOLE VERDE

Bertha Aguilera.  
Cd. Juarez, Mx.

500 gramos de pepitas para mole
20 tomates
15 chiles verdes
1/4 cucharadita de comino

Un pollo cocido y partido en piezas, una ramita de cilantro.
3 dientes de ajo
5 gramos de pimienta
3 clavos
1 lechuga mediana

Se tuestan ligeramente las pepitas, se muele en seco y se cierne muy bien. Se muelen tambien los chiles, los tomates y los ajos, luego la lechuga y el cilantro. Se incorporan las piezas del pollo y se deja hervir un rato.

#### MUSHROOM POT ROAST

Myrtle Netzer  
Ct. #1731

1 roast (any kind)	1/4 tsp. each dry mustard, marjoram, thyme and rosemary
1 onion, sliced	1 bay leaf
1/4 c. water	1 clove garlic, minced
1/4 c. catsup	
1/3 c. cooking sherry	

Brown meat with a little flour on it. Put in baking pan and pour in rest of ingredients. Bake in a 350° oven until meat is tender. When done, remove meat. Stir together 2 tablespoons flour and water to make a paste. Add to liquid to thicken.

#### NO PEEKEE CASSEROLE

Lucia Flynn  
Ct. #1581

1 1/2 lb. stew meat, cut into small pieces	1 pkg. onion soup mix
1 can mushroom soup + 1/2 can water	1 (4 oz.) can drained mushrooms
	1/2 c. red wine

Mix ingredients together. Place in covered baking dish and bake for 3 hours at 300°.

## ORANGE BAKED PORK CHOPS

Flora Charles

6 pork chops (thick)	1/4 tsp. pepper
1/2 c. orange juice	1/2 tsp. dry mustard
1 tsp. salt	1/4 c. brown sugar

Cut fat from pork chops if necessary. Place chops in a large shallow baking dish; they don't need to be browned. Combine remaining ingredients. Pour over chops and bake at 350° for 1 hour (depending on thickness of chops).

## OVEN BROWNED CHICKEN

1/2 c. (1 stick) butter	1/2 tsp. paprika
1/2 c. flour	1/4 tsp. pepper
1 tsp. salt	6-8 chicken parts

Preheat oven to 400°. Place stick of butter in a 13x9 inch baking pan. Melt in oven. Combine flour and all seasonings in bag. Add chicken parts, one at at time, and shake bag to coat them evenly. Dip both sides of chicken in melted butter in pan. Place chicken parts in a single layer, skin side down in pan. Bake for 30 minutes. Turn chicken skin side up. Bake until tender, about 25 minutes.

## PASTEL DE CERDO

Beda Santiesteban De Villalobos.  
Cd. Durango, Mx.

1 cabeza de cerdo mediana.	Un manojito de hierbas de olor.
1 cebolla mediana	
2 dientes de ajo.	Unos pimientos enteros.
1 tacita de vinagre.	Sal y pimienta al gusto.

Despues de lavar bien la cabeza se pone a cocer con las hierbas de olor, la sal, la cebolla, los ajos y el vina-  
gre. Ya que este bien cocido, se saca del caldo y se pica muy finamente, se pone en una cacerola para que se calien-  
te nada mas sin nada de grasa.

Se le agregan las pimientas enteras y se revuelve todo. Ya que esta bien caliente, se vacia en un lienzo de cocina, se amarra muy fuertemente y se prensa toda la noche para que se escurra bien de todo el jugo.

Al dia siguiente se desenvuelve y se rebana.

## PEANUT BUTTER STEW

Rita Yearwood

Ct. #2017

1 fryer chicken, cut into 8 pieces	1 large sliced tomato
1 tsp. season salt	1/4-1/2 tsp. cayenne pepper
1 c. water	1/4 c. tomato paste
1 large onion, chopped	3 c. hot water

Sprinkle chicken with seasoned salt. Cook for 10 minutes in a large kettle with 1 cup water. Add all other ingredients except the hot water and peanut butter. Simmer about 20 minutes. Blend hot water and peanut butter until smooth and cook 10 minutes longer. Serve with rice.

## PEPPER STEAK

Alice Unger

3 lb. sirloin steak	1/2 tsp. ground ginger
2 medium bell peppers, cut into wedges	1/2 c. water
1 medium onion, cut into 1/2 inch slices	2 Tbsp. soy sauce
1/2 tsp. garlic salt	2 Tbsp. cornstarch
	2-3 medium tomatoes, cut into wedges

Cut steak into thin strips, removing fat. Brown lightly in heavy skillet. Add water. Cover and simmer 8-10 minutes (until tender). Peel and slice onion; add to steak with garlic, salt and ginger. Prepare pepper. Add to mixture. Cover and simmer 3 minutes. Blend water, soy sauce and cornstarch; add to mixture, stirring and simmering until liquid thickens. Add tomato wedges and heat until warm, about 1 minute. Serve over rice. Delicious with sesame bread sticks and fruit salad.

## PESCADO ASADO

Rita H. Cisneros

1 1/2 Kilos de pescado entero	1/4 de Kilo de cebolla
200 Gramos de manteca	Especia fina, aceitunas,
1/8 Litro de aceite	alcaparras y chiles curados al gusto.

Se limpia muy bien el pescado entero, se sazona de sal y se asa al horno. En la manteca se frie muy bien el recaudo, picado muy fino, con la especia molida, las aceitunas, las

alcaparras y los chiles, con una poca de agua para evitar que espese demasiado; al sacar esta salsa del fuego se le incorpora muy bien el aceite y se cubre con el la el pescado.

#### PESCADO AL GRATEN

1 kilo de pescado al gusto  
2 jitomates  
1 cucharada de perejil picado  
1 cucharada de aceite

Se limpia el pescado, se mete violentamente en agua hirviendo con vinagre, laurel, ajo, pimient, apio, perejil y sal. Cuando empieza a ablandar se saca, se pone un platon refractario engrasado; se bana con la salsa que se hace con el jitomate molido en crudo con sal, pasado por un colador, se frie en aceite, se le pone el vino blanco; la cebolla en ruedas, perejil, pimienta y sal y se pone en el asador o horno a 400 grados a dorar. Se sirve con rajitas de jalapenos, aceitunas y hojas de lechuga.

#### PESCADO AL ORANGE

1 1/2 Kilo de huachinango  
2 Cucharas de aceite  
2 cucharas de cebolla picada  
2 pimientos morrones

1 cucharadita de perejil picado  
2 huevos cocidos  
2 huevos crudos  
3 naranjas

Al pescado limpio, se le dan unos cortes diagonales, se pone en una charola, se le pone la mitad de la cebolla, perejil y aceite, sal y pimienta; - se pone a horno bien caliente en la rejilla. Cuando esta cocido se saca el pescado se cubre con la siguiente salsa; Los pimientos se muelen con las yemas cocidas, se mezclan los huevos crudos, cebolla, perejil, pimienta, sal y jugo de dos naranjas. Se ponen a freir en el aceite, se pasa por un colador, se pone sobre el pescado. Se adorna con ruedas de naranja y ramitas de perejil.

#### Ma. Socorro V. Trevizo

1 copa de vino blanco  
2 chiles jalapenos de lata  
1 cebolla  
Pimienta y sal al gusto

#### PESCADO EN SALSA AMARILLA

1 pescado de 1 1/2 kilos  
2 tazas de crema de leche  
6 yemas de huevo

Olivia A. Santoyo

5 cucharadas de mantequilla  
o margarina y  
2 limones

Limpio el pescado y deshuesado se sazoná con sal, pimienta y el jugo de limón. Se envuelve en papel engrasado y se pone en una budinera y se deja cocer por algunos minutos. Las yemas se deslisan y se les pone la mitad de la crema, sazonando con sal. Se pone al fuego sin dejar de mover por cinco o diez minutos. Se agrega el resto de la crema y con esto se bana el pescado y se pone al fuego hasta quedar completamente suave.

#### PICCOLO PIZZAS

1/2 lb. Italian sausage  
1 Tbsp. oregano, crushed  
1 clove garlic, minced  
10 refrigerated biscuits

Ms. Marie Manrique

Tomato paste  
1 c. sharp process cheese, shredded  
1/4 c. grated Parmesan cheese

Brown 1/2 pound Italian sausage; drain. Add 1 tablespoon crushed oregano, 1 clove garlic, minced. On a greased baking sheet, flatten 10 refrigerated biscuits to 4 inch circles; leave rim. Fill with tomato paste then sausage. Sprinkle with 1 cup shredded sharp process cheese then 1/4 cup grated Parmesan cheese. Bake at 425° about 10 minutes.

#### PIERNA DE TERNERA AL HORNO

Rosa Alvarado  
Ct. #1581

750 gramos de papas  
100 gramos de jamon  
50 gramos de tocino  
1/2 medio litro caldo de res  
4 Zanahorias

2 Kilogramos de pierna de ternero  
2 cebollas  
Manteca - la necesaria  
Sal y pimienta al gusto

Se mecha la pierna con jamon, tocino y manteca, untandola de sal y pimienta. Se mete al horno en un

resipiente de tamano apropiado con las cebollas y zanahorias rebanadas y el caldo. Se hornea durante media hora, banandola eventualmente con su jugo. Se pelan y rebanan las papas en ruedas delgades y se frien perfectamente para escoltar la pierna.

#### PIZZA

1 c. warm water  
2 Tbsp. shortening

Lucia Flynn  
Ct. #1581

1 pkg. active dry yeast  
3 c. sifted flour

Put water, shortening, yeast and salt in a bowl. Let stand until shortening melts and yeast softens. Give an occasional stir. Work in flour gradually; knead until smooth. Put in greased bowl and let rise until double in size. Makes enough for 2 pizzas. Bake at 400° for 25 minutes to 30 minutes.

Sauce - Chop 1 small onion. Heat 2 tablespoons oil in a pan. Add onion and cook until limp. Add:

1 can tomatoes or large can tomato sauce	1 Tbsp. salt
1/2 tsp. oregano	1 Tbsp. sugar
	A dash of pepper

#### POLLO AL RON

1 Pollo tierno, cortado  
en piezas.  
1 Copita de aceite de oliva.  
1/2 vaso de ron.  
2 hojas de laurel  
1 cucharada consome  
concentrado.

Edwigis Rev de Quesada.  
Cd. Juarez, Mx.

50 gramos de manteca de cerdo.	1 frasco chico de aceitunas
1 cebolla	Sal y pimienta al gusto.

Las piezas de pollo se lavan, se condimentan con sal y pimienta y se frien en la mezcla de manteca y aceite caliente, se anade el consome concentrado y el ron, agregando la cebolla partida en cuartos, aceitunas y hojas de alurel. Se tapa la cacerola y - se cocina a fuego suave, volteando las piezas de ave de cuando en cuando, hasta que este a punto. Se sirve acompañado de una ensalada verde.

#### POLLO A LA MEXICANA

500 gramos de tomate  
250 gramos de cebolla  
100 gramos de jamon picado  
12 aceitunas  
1/2 chile ancho  
Hierbas de olor

Almendras y pasitas al gusto.  
2 huevos cocidos  
12 alcaparas  
3 dientes de ajo  
1 taza de ron  
1 pollo grande cocido  
y partido al gusto

Se asan y muelen los tomates junto con la cebolla, la mitad del chile ancho y los ajos. Se calienta en una cazuela dos cucharadas de manteca, cuando esta bien caliente se frien las hierbas de olor y luego se agregan los ingredientes molidos, con un poco de caldo, Se batan las yemas de los huevos cocidos con la taza de ron y se incorporan a la cazuela, se le pone la hoja de laurel, se agregan las almendras molidas, el jamon, las pasas y las aceintunas y se deja sazonar a fuego lento.

#### POLLO A LA NARANJA

Adela Cabada De La O.  
Cd. Juarez, Mx.

1 un pollo en piezas	8 cucharaditas de miel de maiz
4 naranjas dulces	2 cucharaditas de salsa Tabasco
200 gramos de mantquilla	
Paprika y sal al gusto.	

Se lavan las piezas de pollo en agua fria, con una cucharada de vinagre, se sacan del agua y se secan muy bien.

En una sarten grande, se pone a calentar la mantequilla y se le van agregando las piezas sazonadas con paprika y sal. Cuando esten un poco blandas, se le agrega el jugo de las naranjas la miel y la salsa Tabasco. Al final se corta la cascara de una naranja en tiras muy delgadas, y se le agregan al pollo, se deja hervir por quice minutos mas con todos los ingredientes.

Bertha Aguilera  
Cd. Juarez, Mx.

**POLLO CON CREMA**

1 pollo  
1/4 de crema  
2 ramas de apio

Ma. Teresa G. de Martinez  
Cd. Juarez, Mx.

El pollo se coce como para caldo, se saca se escurre muy bien y se frie en la mantequilla en piezas o desmenuzado a que dore muy biense pican reudas de cebolla y reudititas de chile, el apio picado muy finito, se dora tambien junto con el pollo y se le agrega la crema de lata o frasco, sal y pta. al guso, se deja hervir por 15 mts. a fuego lento.

**POLLO CON ELOTES**

Un pollo tierno partido en raciones.  
2 chiles poblanos o pimientos verdes, cortados en cuadritos.  
1 cucharada de perejil finamente picada

Gloria Bertha Benavente G.  
Cd. Juarez, Mx.

1 taza de caldo de pollo.  
4 elotes tiernos desgranados.  
3 cucharadas de aceite para frier.  
1 cucharada de cebolla finamente picada  
1 lata de sopa de apio.  
Sal y pimienta al gusto.

El pollo ya limpio se frie en la grasa caliente, se espolvorea con la sal y pimienta y se dejá hasta que este bien dorado, luego se escurre y en la grasa que sobre se frien los elotes, los chiles y la cebolla; ya todo frito se vuelve a acomodar el pollo y se cubre e con la lata de apio y la taza de caldo, se tapa y se deja hervir a fuego suave hasta - que la carne este cocida y la salsa espesa. Se puede agregar mas caldo - de pollo para su cocimiento, si aun este dura la carne, pero siempre -- frio y poca a poquito. Al momento de servir se espolvorea con el perejil crudo.

**POLLO EN CALDO DE TOMATE**

CDA Ct. #1581

3 lb. pollo  
1 bote de tomate entero, picado.  
4 tazas de agua

1 diente de ajo  
3 palito de canela  
1 rasgo de azucar  
1 cebolla mediana

Se corta el pollo en seis pedazos. Se cosinan en agua con la sal. Se frie la cebolla y el ajo se agrega el tomate picado, el agua y la canela. Se agrega el azucar y se hiere hasta estar de buena consistencia. Se agrega el pollo ya cosidoy se hiere quinse minutos mas. Se saca de la lumbre se deja enfriar y se sirve. Sirve 6.

**POLLO EN MOLE**

Sra. J. F. Delgado  
Ct. #1581

3 lb. pollo  
1 baso de 6 oz. de mole (Dona Maria)

Azucar al gusto  
2 dientes de ajo

Se cocina el pollo en agua con sal y ajo. Se disuelve el mole en el caldo de pollo. Se tuesta la harina se le agrega el mole, la azucar y se deja que hierva hasta que coja buena consistencia (espeso como se dese) se deguesa el pollo y se pica y se agrega a el mole. Se deja hervir por diez minutos mas. Se sirve caliente. Sirve de 6 a 8.

**POLLO EMPANIZADO EN COCO**

Ma. Socorro Trevizo V.  
Cd. Juarez, Mx.

1/2 litro de leche  
6 huevos  
1 bote de concentrado de naranjas  
2 tazas de harina

Paq. de coco molido (segun se necesite)  
25 piezas de pollo  
6 barras de mantequilla  
Sal, pimienta, paprica, ajo al gusto.

En un tazon se pone el concentrado de naranja (congelado) luego se ponen de una en una las piezas, se dejan reposar durante 5 minutos, de alli se pasan a otro platon que tenga leche y ajo molido y los huevos. En otro platon se ponen harina cernida con pimienta, en otro platon el coco. En un refractario se pone bastante mantequilla y se van colocando las piezas que ya fueron - anteriormente concentradas en el coco y al pasarse se untan con bastante mantequilla (en el refractario) y se espolvorea con paprica. Se dejan al horno durante 1 hora y media a 175° C. se acompaña con pure de papa caliente y una ensalada fria.

### POLLO JALAPENO

1 pollo partido en raciones.  
1 cebolla chiquita molida  
1 diente de ajo molido  
1/4 cucharadita de oregano molido  
1 cucharada de vinagre.  
Pimienta la necesaria

Virginia Grajeda de Benavente  
Cd. Juarez, Mx.

Se muele el tomate con la cebolla, el ajo, el cilantro y se saona con las especias y el vinagre; el pollo ya limpio se pone en una cacerola se cubre con la salsa y los chiles, de preferencia se acomoda el pollo en una charola de horno. Se rocia con el aceite y se mete al horno caliente a 350°, se deja hasta que este bien cocido y dorado y la salsa consumida.

### POLLO EN SALSA DE PINON

300 gramos de tomate cocido, molido y licuado  
250 gramos de pinones molidos

Dina A. Corella  
Cd. Juarez, Mx.

1/4 de taza de aceite  
1 pollo tierno  
1 copa de jerez  
Sal y pimienta al gusto

Se corta el pollo en piezas y se pone a cocer con una cucharita de sal, una hoja de laurel, tomillo, mejorana y pimientas. Se calienta el aceite en una cacerola y en el se frie el tomate, agregando los pinones y un poco del caldo en que se cocio el pollo; se sazona con sal, se le agrega el jerez y cuando ha hervido un poco, se incorporan las piezas de pollo.

### POLLO RELLENO

1 pollo grande.  
125 gramos de filete  
50 gramos de jamon cocido  
Pimienta y sal al gusto.

Ma. Refugio Carbajal  
Cd. Juarez, Mx.

1 huevo  
1 copa Jerez seco.  
Jugo de 1 limon.

En pollo crudo se rellena con el filete y jamon molidos las menudencias - del pollo partidas finamente, el huevo crudo, vino, pimienta y sal. Se cose con hilo grueso. Se pone en una vasija honda a cocer en agua con sal y olores. No se deja muy blando. Se untan de mantequilla con pimienta y sal. Se pone en el horno a 400 grados a dorar mas o menos 10 minutos. Se saca se le pone por encima jugo de limon, se sirve bien caliente adornandose con ensalada o salsa al gusto.

### POLLO RELLENO

Ma. Teresa G. De Martinez  
Cd. Juarez, Mx.

1 pollo entero	1 cebolla chica
1 limon	1 bote de tomate (salsa)
6 rebanadas de jamon	150 gramos de queso
6 guinis	1/2 barra de mantequilla

El pollo se lava muy bien y se pone a hervir con sal, ajo, y cebolla nada mas a que se sancoche (10 Mts.) se saca y se escurre muy bien; El jamon, guinis y cebolla se corta en trocitos chicos y se doran un poco en la mantequilla primero cebolla, alli mismo guinis y jamon se quita un poco de grasa, y se agrega la salsa de tomate se deja hervir por 10 mts. a fuego lento y se le pone el queso rallado; El pollo se untan por dentro con el jugo de limon y se espolvorea de pimienta y sal y se rellena muy bien, se envuelve en papel de estano y se hornea por 1 hora.

### POLLO EN SALSA CATSUP

Adela C. de Lao  
Cd. Juarez

1 pollo en piezas	100 gms. de mantequilla
1 foo. salsa catup	Paprika y pimienta, sal al gusto
de tomate	

Se lavan las piezas de pollo en agua - fria con una cucharada de vinagre, y se dejan en el agua durante diez minutos. Se untan de mantequilla un molde grande, donde quepan las piezas de pollo separadas, se van acomodando ya escurridas. Ya en el molde se sazonan con pimienta, paprika y sal, luego cada pieza se bana de salsa catsup.

Se le pone un cuadro de mantequilla acada pieza, se cubre el molde con papel aluminio, se mete al horno por una hora y media, cuando ya este blande, se destapa diez minutos, antes de sacarlo del horno, para que dore un poco.

## POLLO Y ARROZ

1 taza de arroz	1 lata de crema de pollo
1 lata de crema de champinones	Campbell's
1/2 taza de championes rebanados (fcos. o de lata)	1 pollo en piezas o 4 pechugas.
	1 sobre de sopa de cebolla en polvo

Ponga un el refactario una taza de arroz crudo (extiendalo bien) vacie sobre el arroz el contenido de una lata de crema de champinones. Agregue una taza de agua, media taza de championes rebana dos y el contenido de una lata de crema de pollo Campbell's. Acomo de encima un pollo en piezas. Espolvoree encima el contenido de un sobre de sopa de cebolla en polvo. Tape el recipiente muy bien, con su propia tapa o con papel de aluminio y hornee el pollo a 175° C durante 2 horas y media.

## POOR MAN'S LOBSTER

2 lb. cod	1 slice lemon
1 tsp. salt	Few slices of onion
1 bay leaf	1/2 c. white wine
Melted butter	Chopped parsley

Place cod in a 10 inch skillet. Cover with water. Add salt, bay leaf, onion, lemon and wine. Bring to a boil. Immediately turn down heat. Simmer, covered, about 12 minutes, until fish flakes. Carefully remove the fish; drizzle with melted butter and sprinkle with parsley. Serve with additional drawn butter and lemon wedges. Serves 4-6.

## PORK CHOPS ADOVADOS

12 small pork chops	1 c. red chile powder
1 tsp. white vinegar	1/2 tsp. ground oregano
1/2 tsp. garlic powder	Salt to taste

Mix all dry ingredients with water. Place chops in a

Ma. Socorro Trevizo V.  
Cd. Juarez, Mx.

flat baking dish. Pour chile mixture over them and bake for 2 hours in a 350° oven, until pork is tender.

## PORK CHOPS AND LIMA BEANS

4 slices bacon	1/3 c. sliced onion
4 pork chops 1 inch thick	1 (1 lb.) can lima beans
1/2 tsp. salt	1 (15 oz.) can Chef Boy-Dee spaghetti sauce with mushrooms
1/8 tsp. pepper	

Preheat oven to 375° F. Cut bacon into 1 inch pieces. Season with salt and pepper; brown chops. Remove from pan. Add bacon to pan and partially cook. Remove and drain on paper towel. Add onion to drippings and cook until tender. Put lima beans, onions and bacon in a 1 1/2 quart baking dish. Place chops on top of beans. Pour spaghetti sauce over chops and beans. Cover; bake for 1 hour. Makes 4 servings.

## POTATO CASSEROLE

8 oz. pkg. cream cheese	1/4 c. chopped pimento
4 c. hot mashed potatoes	1 tsp. salt
1 egg, beaten	Dash of pepper
1/3 c. chopped onion	

Soften 1 (8 ounce) package Philadelphia cream cheese. Blend into 4 cups hot mashed potatoes. Add 1 beaten egg, 1/3 cup chopped onion, 1/4 cup chopped pimento, 1 teaspoon salt, dash of pepper. Bake in a 1 quart casserole at 350° for 45 minutes.

## PORK CHOPS AND RICE CASSEROLE

CDA Ct. #1531

Brown 4 pork chops; set aside. Brown 1 cup white rice in drippings with chopped onions. Add:

1 (8 oz.) can tomato sauce	1 1/2 c. water
Garlic salt and pepper to taste	

Pour into greased pan. Lay pork chops on top. Bake at 350° for 45 minutes to 1 hour. (Recipe can be doubled.)

## PORK STEW

Ruth Crail  
Ct. #2017

3 c. gravy	1 1/2 c. diced raw
3 c. cooked meat (bite size)	carrots
1 onion, cut fine	1 1/2 c. diced raw potatoes

Pour gravy into saucepan. Add cooked pork. Heat to boiling point. Add onion, carrots, potatoes. Cover pan tightly and cook over low heat until vegetables are tender, about 20-30 minutes. Serve over hot split rolls.

## POT ROAST

Lily Martinez  
Ct. #1731

3 lb. beef chuck roast	1 Tbsp. Worcestershire
1 can cream of mushroom soup	sauce
1 pkg. dry onion soup mix	2 Tbsp. chili sauce

Salt and pepper  
Flour for gravy

Place meat in Dutch oven. Sprinkle with salt and pepper and dry onion soup mix well. Add mushroom soup, diluted with about 2/3 can water. Add Worcestershire sauce and chili sauce. Cover tightly and cook over low flame 3 hours or until tender. Meat should be turned several times during cooking to prevent sticking. If necessary, add a very small amount of water. When done, remove meat. Add water and flour for thickening to make gravy. Serve with whipped potatoes.

## PUERCO AL HORNO

Ma. Socorro V. de Trevizo  
Cd. Juarez, Mx.

1 kilo de lomo de puerco	1/4 de taza de salsa de soya
1 taza de mermelada de chabacano	1/2 diente de ajo machado
1/3 de taza de miel de abeja	1 cebolla pequena rallada
1/4 de taza de jugo de limon	1 taza de ginger-ale

1 cucharada de raspadura de limon.  
Sal y pimienta.

Mezcle mermelada, miel, jugo de limon, salsa de soya.

ajo cebolla, ginger-ale, sal y pimienta. Vierta este sobre el lomo y dejelo marinar 5 horas o todo la noche. Volteelo tres o cuatro veces. Horneelo a 175° C. durante tres horas, banandolo frecuentemente con su jugo. Puede servirlo rodeado de chabancanos en almibar, calentandolos en el mismo asado durante los ultimos 10 minutos de horneado. (6 porciones)

## QUICHE CORN LORRAINE

Lucille Ratliff

1 lb. sliced bacon, fried crisp and thoroughly drained	2 eggs, slightly beaten
1 Tbsp. bacon drippings	1 (17 oz.) can cream style corn
1 c. chopped onions	Pepper, cayenne pepper
1 c. shredded Swiss cheese	3/4 c. evaporated milk

Make 9 inch unbaked pie shell with high fluted edge. Rub inside with 1 teaspoon soft butter. Chill 1 hour. In 1 tablespoon bacon drippings gently fry onions until tender. Reserve 6 slices bacon for garnish. Crumble rest and mix with onions. Spread in chilled crust. Top with 1/2 cup cheese. Blend remaining 1/2 cup cheese into corn mixture. Stir in scalded milk. Pour into shell. Bake 10 minutes at 450°. Reduce heat to 325° and bake for 25 minutes. Arrange reserved bacon on top during last 5 minutes of baking. Cool slightly to set before cutting. Serves 6.

## QUICHE LORRAINE

Mrs. L. Fischer

1 (9 inch) pie shell, uncooked	1 c. shredded grated Swiss cheese
6 eggs, beaten	1 1/4 c. light cream (half & half)
8 slices bacon, cooked, crumbled and drained	1/8 tsp. each salt, pepper and nutmeg

Brush inside of pie shell with some of the beaten egg. Pierce inside of the pie shell (sides and bottom). Bake pie shell for 5 minutes at 425° or until golden brown. Remove from oven.

Filling: Stir together bacon and cheese and place in cooked pie shell. Add remaining ingredients to the beaten

egg. Mix together and pour over the cheese mixture in the pie shell and bake for 35-40 minutes or until a knife inserted in the center comes out clean. Let stand 5-10 minutes before serving.

#### RICE CASSEROLE

3 c. cooked rice  
3 c. sour cream  
2 small cans chopped green chili

Mix together. Bake until cheese is melted.

#### RICE, CHEESE AND BROCCOLI CASSEROLE

Mildred Celum

1/2 c. chopped onions, sauteed	1 1/4 c. cooked Minute Rice (1 small box)
1/2 c. chopped celery, sauteed	1 box cooked chopped broccoli (do not overcook)

Put rice in casserole. Add onion, celery and broccoli. Add 1 can each of cream of mushroom soup and cream of chicken soup. Add 1 jar (small) Cheez Whiz; mix thoroughly. Bake at 350° for 15 or 20 minutes.

#### ROAST BEEF

Mrs. Delgado  
Ct. #1581

5 lb. beef roast	3 large carrots, cut into large pieces
2 garlic	3 can tomatoes, cut fine
1/4 lb. chorizo	1/2 medium size onion
3 large potatoes, cut into large pieces	Salt and black pepper to taste

Cook potatoes and carrots in salted water. Make indentations and fill them with garlic cloves. Sprinkle with salt and pepper. Roast in a deep pan in a 350° oven for 2 or 3 hours. Add potatoes, carrots, sausage, onion and tomato. Cook until well done and serves 6.

CDA #1731

#### ROLLED TACOS AL CARBON

1 1/2 c. vegetable oil	1/2 tsp. chile powder
3 Tbsp. lemon juice	1 tsp. oregano
1 Tbsp. garlic salt	1 large onion, minced
1 Tbsp. vinegar	2 lb. sirloin or tenderloin
1 tsp. whole thyme	About 10 or 12 corn tortillas

Mix first 8 ingredients. Put them in the refrigerator for 8 hours.

#### ROLLOS DE CARNE A LA ALEMANA

Ma. Socorro Trevizo V.  
Cd. Juarez, Mx.

8 bistec delgaditos.	2 latas de champinones
4 tomates rojos y duros	6 papas, aceite, sal y
2 cebollas	pimienta al gusto y
1 paq. de tocino mediano (se pica finito)	ajo.

Los bistec se estienden, se le pone tomate picado, tocino, cebolla picada, pimienta y ajo, se hace rollo de los 4 lados y se prende con picadiente de preferencia de metal, cuando ya es ten todos los rollos preparados se ponen en un sarten con grasa, y se colocan los rojos hasta dorarse, sin taparse el sarten y adorados se colocan en una olla con tres tazas de agua fria y se le ponen pecaditos de cebolla, tomate enteros, se tapa por una hora y media a fuego lento, cuando este la carne completamente cocida se agregan los champinones. Por separado se cocen las papas peladas y con muy poquita agua y a fuego lento por 15 mts. - y se escurren completamente, al servirse el rollo se pone la papa en el plato banada con el jugo que so cocio la carne.

#### ROBALO GRATINADO

Ma. Socorro V. Trevizo.  
Cd. Juarez, Mx.

1 Kilo de robalo	50 gramos de queso gruyere
50 gramos de queso parmesano	2 morrones de lata
3 jalapenos de lata	1 taza de crema espesa
1 cucharada de jugo limon	Pimienta y sal al gusto.

El pesacado se corta en filetes, se pone en agua hirviendo con cebolla, se sacan violentamente, se secan con una servilleta, se les pone jugo de limon, pimienta y sal.

En un platon refractario engrasado se acomodan capas de pescado alternadas con crema, con sal y quesos rallados.

Se deja la ultima capa de crema y queso. Se pone a horno moderado (350 - grados) por 30 minutos en la rejilla de arriba a gratinar.

Se saca, se decora en el mismo platon con figuras de morrones y jalapenos. Se sirve luego.

#### ROAST CHICKEN WITH WATERCRESS STUFFING

Leona Devlin

3/4 c. chopped onion  
3/4 c. chopped celery  
3/4 c. butter/margarine

1 bunch chopped watercress  
2 c. diced day-old white bread  
3 1/2 lb. roasting chicken

Saute the onion and celery in 1/4 cup butter until soft. Add the watercress and cook until all the liquids have evaporated. In another skillet saute the bread in 1/4 cup butter until lightly browned and add to vegetable mixture. Stuff the chicken; sprinkle with salt and pepper and rub it all over with the 1/4 cup butter. Place the chicken on its side in a roasting pan in a preheated 435° oven and roast for 20 minutes, basting once with drippings. Turn the chicken on its other side and roast for 20 minutes. More basting about every 5 minutes. When chicken is done, the juices will run clear at the thigh when it is pierced with point of knife. Cooking time: 1 1/4 hours.

#### ROPA VIEJA

4 chiles serranos verdes  
3 jitomates  
3 huevos  
1 cebolla

#### CDA Court #1581

1 kilo falda de res (carne)  
(para deshebrar)  
Sal y pimenta al gusto  
Manteca - la necesaria

Se cuece la carne sasonada con sal y se heshebra. Se pica el jitomate con la cebolla y los chiles y se frien perfectamente. Se agrega la carne dejandola freir un poco. Se revuelven los huevos y se anaden, moviendo el guiso para que no se haga torta. Cuando esta cosido el huevo se quita del fuego y esta.

#### SALMON LOAF

1 (1 lb.) can pink salmon, drained, flaked  
2/3 c. liquid (drained salmon liquid with water added)

Mix ingredients until blended. Turn into greased 9x5x3 inch pan. Bake at 375° about 45 minutes or until done. Let stand a few minutes. Unmold onto serving platter. Serve hot.

#### SALMON SOUFFLE

1 (7 3/4 oz.) can salmon  
3 Tbsp. each butter and flour  
1/4 tsp. salt

1 c. fine dry bread crumbs  
1/4 Tbsp. lemon juice  
Salt and pepper to taste

K. Castillo

Dash of cayenne pepper  
1/2 tsp. dry mustard  
4 eggs, separated  
1 tsp. Worcestershire sauce  
Paprika

Drain salmon liquid into an 8 ounce measuring cup and add enough milk to fill cup. Flake salmon. In saucepan melt butter and blend in flour and next 3 ingredients. Gradually add milk mixture and cook, stirring, until thickened. Remove from heat and stir in beaten egg yolks, Worcestershire sauce and salmon; cool. Beat egg whites until stiff, but not dry, and fold into mixture. Pour into buttered 2 quart souffle dish or casserole and bake in a preheated 350° oven for 45-50 minutes. Sprinkle with paprika and serve.  
Serves 4.

#### SAUERBRATEN

3 lb. beef, round or shoulder  
3/4 c. vinegar  
3/4 c. water

1/4 c. thinly sliced onion  
2 bay leaves  
3 white cloves  
2 tsp. salt  
1/4 c. pepper

Lucia Flynn  
Ct. #1581

Place meat in a bowl. Combine remaining ingredients; pour over meat. Let stand from 18-24 hours. Brown meat thoroughly on all sides. Add liquid in which meat was soaked. Cover; place over high heat. Cook until done.

**Gravy** - Blend 3 tablespoons flour and 1/2 cup water together to make a smooth paste. Measure 1 cup meat broth or add enough water to make 1 cup. Cook over low heat until thickened.

#### SAVORY BRAISED SHORT RIBS

Florence Greenough  
Ct. #2017

4 lb. beef short ribs in serving size pieces  
1 c. coarsely chopped onion  
1 clove garlic, crushed  
4 whole black peppers  
1 bay leaf  
2 tsp. dried marjoram leaves

1 can condensed beef broth, undiluted  
Horseradish cream  
1/2 c. heavy cream  
1/4 c. dairy sour cream  
2 Tbsp. prepared horseradish  
1 tsp. prepared mustard  
1/8 tsp. salt  
3 Tbsp. flour  
Tomato wedges, parsley strips

1. Wipe short ribs with damp paper towels. Trim excess fat. 2. Slowly heat a Dutch oven; add short ribs, fat side down, and brown well over medium heat on all sides, about 30 minutes. Discard drippings. 3. Add onion, garlic, peppers, bay leaf, Worcestershire sauce, marjoram, broth and 1 cup water; bring to boiling. Reduce heat and simmer, covered, turning meat once, for 1 1/2-2 hours or until tender. 4. Meanwhile, make horseradish cream by beating heavy cream until stiff. Stir in sour cream, horseradish, mustard and salt. Refrigerate, covered. 5. Remove short ribs to serving platter; keep warm. Skim fat from pan juices. 6. Mix flour with 1/2 cup water until smooth. Stir into pan juices; bring to boiling, stirring. Reduce heat and simmer 3 minutes. Strain and pour over short ribs. Garnish with tomato wedges and parsley. Pass horseradish cream.

#### SEAFOOD LASAGNA

Marie Manrique

16 lasagna noodles  
1 c. chopped onion  
2 Tbsp. butter/margarine  
1 (8 oz.) pkg. cream cheese, softened  
1 1/2 c. cream style cottage cheese

1 beaten egg  
2 tsp. dried basil, crushed  
2 cans condensed cream of mushroom soup  
1/3 c. milk  
1/3 c. white wine  
1/4 c. grated Parmesan cheese

1 lb. shelled shrimp, cooked and halved  
1 (7 1/2 oz.) can crab, drained, flaked, cartilage removed

1/2 c. (2 oz.) shredded sharp process American cheese

Cook lasagna noodles according to directions and drain. Arrange 8 noodles in bottom of greased 13x9x2 inch baking dish. Cook onion in butter till tender. Blend in cream cheese. Stir in cottage cheese, egg, basil, 1/2 teaspoon salt and 1/8 teaspoon pepper. Spread half atop noodles. Combine soup, milk and wine. Stir in shrimp and crab. Spread half over cottage cheese layer. Repeat layers. Sprinkle with Parmesan cheese. Bake uncovered in a 350° oven for 45 minutes. Top with American cheese. Bake 2-3 minutes more. Let stand 15 minutes before serving. Makes enough for 12 servings. Delicious!

#### SHOYU CHICKEN

Sandra Brinson  
Court #2017

2 lb. chicken (any pieces)  
1/4 shoyu or soy sauce  
1 clove crushed garlic  
Chinese parsley (cilantro or corriander)  
3/4 c. water

1/4 c. oil  
1/4 c. brown sugar  
1/2 tsp. grated ginger to garnish  
1 Tbsp. cornstarch (or enough to thicken sauce)

Mix all ingredients except chicken. Add chicken and bake in aluminum foil lined pan at 325° F. for 1 hour, turning twice. Sauce may be thickened with cornstarch. Garnish with cilantro.

#### SHRIMP CREOLE

Lillian Markham

1 lb. cooked, cleaned shrimp  
1 chopped onion  
1 bay leaf  
1 stalk celery, chopped fine  
1 small green pepper, chopped  
1 Tbsp. minced parsley

2 Tbsp. bacon grease  
1 clove garlic, chopped fine  
1 can condensed tomato soup  
Dash of Tabasco sauce  
Dash of cayenne pepper  
Salt to taste

Fry onion and green pepper in bacon fat. Add tomato soup, 1/4 can water, celery, parsley and seasonings. Simmer for 1 hour or longer in covered pan. Add shrimp and more water if necessary. Cook 20 minutes longer. Serve on mounds of rice.

#### SHRIMP SAUCE

1/4 lb. butter	1/2 tsp. garlic salt
1 tsp. onion salt	1 1/2 tsp. chopped green chili
1/2 tsp. salt	1/2 tsp. freshly ground black pepper
3 dashes Louisiana hot sauce	1 Tbsp. soy sauce
1 Tbsp. Worcestershire sauce	

Melt butter then add all other ingredients. Simmer 5 minutes. Add 1/2 cup stewed tomatoes. Simmer 20 minutes. Serve with boiled shrimp.

#### SIRLOIN OR T-BONE STEAK

CDA Court #1581

Use enough sirloin steak for number of persons being served. Preheat skillet. Score steak to prevent curling. Sprinkle with salt to taste. Sprinkle onion salt and garlic salt and, if desired, pepper. Cook steaks on grill. Turn and cook to desired degree of doneness.

#### SLOPPY JOE MEX

Rosa Alvarado  
Ct. #1581

1 lb. ground beef	1/4 c. sliced olives
1/2 c. chopped onion	1/2 tsp. salt
1 (16 oz.) can tomato sauce	1/2 tsp. sugar
1 tsp. chile powder	1/8 tsp. black pepper

Brown beef in skillet. Add onions. Cook until tender. Mix in the rest of the ingredients. Cook over low heat for 10 minutes.

#### SLOPPY JOE MIX

Court #1581

1 lb. ground beef	1 tsp. chile powder
1 tsp. margarine	1/2 c. chopped onions
1 (16 oz.) can tomato sauce	1/2 tsp. sugar
1/2 tsp. salt	1/8 tsp. black pepper
	1/4 c. sliced olives

Brown beef in skillet. Add onions. Cook until tender. Mix in the rest of the ingredients; cook over low heat for 10 minutes.

#### SNAPPER PIZZAIOLA

K. Castillo  
Ct. #2017

1 pkg. snapper fillets (frozen or fresh)	3 Tbsp. melted fat (butter and olive oil)
1/4 c. fine dry Italian bread crumbs	1 c. Marinara sauce or Italian cooking sauce (tomato)
1/4 c. freshly grated Parmesan cheese	1/2 c. grated Mozzarella cheese
1 egg, well beaten with 1 Tbsp. water	

Mix Parmesan cheese and crumbs. Dip fillets in cheese and crumb mixture and then in beaten egg and coat again with cheese-crumbs. Place fillets in a well greased shallow baking pan (11x7 inches). Drizzle with melted fat. Bake uncovered in a hot oven (500° F.) until fish flakes easily with a fork, about 10-12 minutes. Remove from oven. Cover fillets with warmed sauce. Sprinkle with remaining cheese-crumbs and top with Mozzarella cheese. Return to 500° F. oven and bake for 4 more minutes or until cheese melts. Delicious served with buttered macaroni, fresh vegetables and garlic bread.

#### SOLE SURVIVOR

Margaret A. Ness

4 sole fillets	1 can frozen shrimp soup, thawed
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Heat the soup while you lay out the fish in a shallow baking dish. Bake fish at 400° for 20 minutes. Reduce heat to 300°; pour soup over fish and bake for another 15 minutes.

## SPAGHETTI LOAF

1/2 lb. spaghetti  
2 eggs  
1/2 c. buttered bread  
crumbs  
1 c. cottage cheese

K. Nelson  
Ct. Sta Barbara #2017

3/4 c. milk  
2 Tbsp. minced green pepper  
1 tsp. salt  
2 Tbsp. minced pimiento

Cook spaghetti until tender. Drain and add all ingredients. Press into well greased loaf pan. Bake at 325° for 45 minutes. Unmold onto a serving platter and garnish with finely chopped nuts.

## SPAM ORIENTAL

1 (12 oz.) can Spam  
luncheon meat  
1 (6 oz.) pkg. frozen  
pea pods  
1 (8 oz.) can pineapple  
chunks

Florence Greenough  
Ct. #2017

1 (2 oz.) env. sweet-sour  
sauce mix  
1 (11 oz.) can Mandarin  
orange segments

Cut meat into julienne strips. Brown strips lightly in wok or large Teflon lined skillet. Add sauce mix and liquid according to package directions. Bring to a boil, stirring constantly, until thickened and smooth. Gently stir in pea pods, Mandarin oranges and pineapple; heat through. Serve with rice. Makes 4-6 servings.

## SPOON BURGERS

1 lb. lean ground beef  
1 can chicken gumbo  
soup

Nettie Del Hierro

2 Tbsp. prepared mustard  
1/3 c. chopped onion  
Hamburger buns

Saute onions; add meat. Brown lightly. Add soup and 1/2 can water. Add mustard; stir. Simmer about 10 minutes or until almost dry. Serve on warm buttered buns.

## SQUASH CASSEROLE

2 cans drained squash/2  
big zucchini/yellow squash  
1 can cream of chicken soup  
1/2 pt. sour cream

1 can carrots, drained  
(you can use fresh)  
1 pkg. herb seasoning mix  
1 stick butter  
Salt and pepper to taste

Melt butter. Mix half of herb mix into butter. Pour into bottom of casserole dish. Mix remaining ingredients and pour into casserole. Take the other half of the herb mix and sprinkle on top. Bake at 350°.

## STEAK DINNER A LA CHARCOAL

6 club/rib steaks (1  
inch thick)

3 zucchini squash (12  
inches long)

8 bunches of green  
onions

6 medium size potatoes

Prepare potatoes and zucchini squash together or separately by slicing round 1/4-1/2 inch thick and placing on foil, seasoning with salt, pepper and dots of butter, then sealing snugly. Take green onions and dip into very hot grease until seared then place on foil, seasoning with salt and pepper, also sealing snugly. Place vegetables around the grill in the coals. Season steaks on both sides with salt, pepper, onion salt, garlic salt and Worcestershire sauce and cook on grill to desired doneness.

## STIR FRY BEEF AND VEGETABLES

Louise Dooley

Ct. Santa Barbara #2017

1 Tbsp. cornstarch  
1 tsp. sugar  
2 Tbsp. soy sauce  
1/4 tsp. ground ginger  
1/2 c. beef broth  
5 Tbsp. salad oil  
1 clove minced or mashed  
garlic  
3/4 lb. edible-pod peas,  
ends and string removed

1 lb. boneless lean beef,  
sliced 1/8 inch thick and  
2x2 inch slices

1 large onion, cut in half,  
then into 1/4 inch slices

1 large bell pepper, cut in  
half, then into 1/4 inch  
slices

1/4 lb. mushrooms, thinly  
sliced through the stems

Joanne Fay

Mix together cornstarch, sugar and ginger; blend in soy sauce and broth. Set aside. Heat 2 tablespoons oil over high heat in a wok or large frying pan. When oil is hot, add garlic and half of beef. Stir constantly until meat is lightly browned, about 2 minutes. Turn into serving dish. Reheat wok; add 1 tablespoon oil and cook remaining meat in the same manner. Turn into serving dish. Add 2 more tablespoons oil to wok then onion and mushrooms. Stir and cook for 2 minutes. Add peas, green pepper; stir and cook 1-2 minutes more. Return meat to pan and add cornstarch mixture. Stir until sauce thickens, for about 1 minute. Turn onto dish with a mound of cooked rice in the center. Makes about 4 or more servings.

#### SUMMER SAUSAGE

5 lb. hamburger meat (does not have to be lean)	2 1/2 tsp. mustard seed 2 1/2 Tbsp. coarsely ground pepper
5 rounded tsp. Morton's Tender-Quick salt	2 1/2 Tbsp. garlic salt 1 Tbsp. hickory smoked salt

First day: Mix well all above ingredients. Cover and refrigerate. Second day: Mix well again. Cover and return to refrigerator. Third day: Mix well again; cover and return to refrigerator. Fourth day: Mix well and form into 5 or 6 rolls, about 2 inches in diameter. Place on a rack in a broiler pan. Bake for 8 hours at 150°. Turn every 2 hours. May be frozen for future use.

#### SWEET 'N SIMPLE HALIBUT STEAKS

2 lb. halibut steaks or other fish steaks (fresh or frozen)	3/4 tsp. salt Dash of pepper Dash of ground cloves
1 (8 1/4 oz.) can crushed pineapple	1/2 c. grated Cheddar cheese
1/3 c. French dressing	Paprika

Thaw frozen steaks. Cut into serving pieces and place in a single layer in a shallow baking dish. Drain pineapple, reserving syrup. Combine dressing, 3 tablespoons reserved pineapple syrup and seasonings. Pour sauce over fish; let stand for 30 minutes, turning once.

Remove fish, reserving sauce for basting. Place fish on well greased broiler pan. Broil about 4 inches from source of heat for 4-5 minutes. Turn carefully; brush with remaining sauce. Broil 4-5 minutes longer or until fish flakes easily when tested with fork. Combine pineapple and cheese; spread mixture over fish. Sprinkle with paprika. Broil 2-3 minutes longer or until lightly browned. Makes 6 servings.

#### SWEET-SOUR CHICKEN BREASTS

Emalyn Otto

6 large chicken breasts	1/2 tsp. ground ginger
2 Tbsp. catsup	2 Tbsp. flour
1 Tbsp. honey	1 tsp. garlic salt
1 lb. 4 oz. can un- sweetened pineapple chunks	1 Tbsp. vinegar
2 tsp. cornstarch	2 Tbsp. oil
1/4 c. soy sauce	1/2 tsp. curry powder
	1/2 c. chicken broth
	1 (6 oz.) pkg. Chinese pea pods
	2 Tbsp. sliced green onion

Have butcher bone chicken or do it yourself. Combine flour and garlic salt. Coat chicken breasts. Cook chicken in hot oil until light brown (do not overcook). Add chicken broth. Cover and cook slowly for 15 minutes. Drain pineapple, reserving syrup. Combine 1/4 cup reserved syrup with cornstarch, curry and ginger. Blend in soy sauce, catsup, vinegar and honey. Pour over chicken. Simmer uncovered for 20 minutes or until chicken is tender. Add drained pineapple and pea pods. Cook 5 minutes longer. Arrange chicken and sauce on a serving platter. Sprinkle with green onion. Makes 6 servings.

#### TACOS DE SESOS (Brain Tacos)

Mrs. E. Tovar

1 medium size brain	1/4 c. oil
1/2 tsp. salt	1/2 doz. corn tortillas

Cook brains in salted water until done. Remove from utensil and peel the skin off. Cut into small pieces and spread on a warm tortilla (warm tortillas over an open flame). Fold in half, hold together with toothpick and fry in hot oil.

### TASTY BURRITO

Stew beef, cooked, shredded or cut into small pieces (can be leftover meat)  
Refried beans  
Chili sauce

Place a small amount (1-2 tablespoons) of each of the above ingredients on a flour tortilla. Roll and heat for a few minutes in a moderate oven.

### TEX-MEX SPAGHETTI

2 Tbsp. oil  
2 medium size chopped onions  
1 large green pepper, chopped  
1 lb. ground beef  
10 1/2 oz. can condensed tomato soup

Heat oil in 10 inch skillet. Add the onion and pepper. Cook until it loses its red color. Remove from heat. Add the soup, corn, mustard, Worcestershire sauce, olives and 1 cup cheese. Cook spaghetti; drain. Add the margarine; toss. Turn into buttered 3 quart oblong glass baking dish. Spoon sauce over spaghetti. Bake at 350° uncovered for 35 minutes. Sprinkle with rest of cheese. Return to oven until it melts. (4-6 servings)

### TUNA DELIGHT

1 can tuna  
1/2 c. milk

Mix first 3 ingredients in casserole. Place chips (save 1 cup) and pour mixture over chips. Crumble the 1 cup chips and sprinkle on top. Bake at 325° for 1 hour.

### Reina Martin

Ripe chopped olives  
Grated Monterey Jack cheese  
Few drops of sour cream  
Fresh cilantro  
Flour tortilla

### TUNA CASSEROLE

1 can mushroom soup  
1/8 c. water  
1/8 can milk  
1 can tuna  
1/4 lb. cashew nuts

Reserve 1 cup chow mein noodles to sprinkle on top of casserole. Mix all remaining ingredients together and pour into greased casserole dish or pan (13x9x2 inches). Bake at 350° for 1/2 hour.

### Lucille Ratliff

1 Tbsp. prepared mustard  
3/4 c. sliced stuffed green olives  
2 c. grated cheese  
8 oz. pkg. spaghetti  
1 Tbsp. margarine  
7 oz. can whole kernel corn  
1 Tbsp. Worcestershire sauce

### TUNA NOODLE CRISP

4 oz. uncooked noodles  
1/4 c. shortening  
1/3 c. chopped onion  
2 Tbsp. green pepper, chopped  
1 (10 1/2 oz.) can cheese soup

Mildred Brooks  
Ct. #2017

1/2 c. milk  
1 Tbsp. pimento (optional)  
Salt and pepper  
1 (3 1/2 oz.) can tuna  
1/2 c. bread crumbs

Cook noodles according to directions on package; drain. In large skillet melt shortening (can use oil). Add onion and green pepper; sauté until tender. Stir in soup, milk, pimento, salt and pepper. Bring to a boil. Add cooked noodles and tuna. Place mixture in a 1 1/2 or 2 quart casserole. Sprinkle bread crumbs or cheese on top. Bake at 350° for 25-30 minutes.

### Cecilia S. Baeza Ct. #2017

1 can cream of mushroom soup  
1 medium pkg. potato chips

### TASTY TUNA BAKE

1/4 c. milk  
1 (7 oz.) can tuna  
1 tsp. Worcestershire sauce  
2 tsp. chopped onion  
1/2 c. cooked rice

Ruth Crail

1 can cream of mushroom soup  
2 hard cooked eggs, chopped  
1/4 tsp. paprika  
1 c. crushed potato chips

Combine all ingredients except the paprika and crushed potato chips. Spoon into a 2 quart greased casserole dish. Sprinkle top with paprika; spread crushed potato chips on top. Bake at 350° for 25-30 minutes. (6-8 servings)

## TRULY TAMAQUE PIE

Lucia Flynn  
Ct. #1581

Drain liquid from 1 (15 ounce) can tamales into a 6 cup shallow baking dish. Peel coverings from tamales. Cut tamales into 1 inch pieces. Place in baking dish. In a medium sized bowl mix:

1 c. whole kernel corn, drained	1 (8 oz.) can tomato sauce 1/2 c. sliced ripe olives
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Spoon over tamales. Sprinkle with:

1 c. crushed corn chips	1/2 c. shredded Cheddar cheese
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Bake for 25 minutes at 350°. (I usually double this recipe.)

## WALTER DOOLEY'S TENNESSEE TREAT

Walter Dooley

3 lb. pork spareribs	1 Tbsp. Worcestershire sauce
1 c. water	1/2 tsp. dry mustard
2 1/2 Tbsp. chili sauce	1/4 tsp. chili powder
2 Tbsp. finely chopped onion	1/8 tsp. pepper
1 1/2 c. maple syrup	Salt to your taste (for my taste, no salt)
2 tsp. salt	

In medium bowl combine water and salt to make a salt water mixture. In medium bowl combine remaining ingredients except spareribs. Mix well. Place spareribs on grill about 5-7 inches above low temperature coals. Cook spareribs about 45 minutes, turning and brushing frequently with salt water mixture. Continue cooking 15 minutes or until done, turning and brushing frequently with maple syrup sauce.

## WOODCHUCK CASSEROLE

Polly Fogel

1/2 lb. butter	1 green pepper, chopped fine
5 Tbsp. flour	8 eggs, hard boiled, diced
2 c. milk	1/2 can cream of tomato soup
1 (1/2 lb.) pkg. Velveeta cheese	1 can mushrooms
	Salt and pepper to taste

Make a white sauce of butter, flour and milk. Add cheese and melt slowly. Add tomato soup. One half hour before serving, add eggs, green pepper and mushrooms. Serve on crisp noodle nests, toast or Holland Rusk. This is a good Sunday night supper dish. Serves 6-8.

## YUM YUM

Leaura Barker

1 lb. ground beef (lean meat)	1 can chicken gumbo soup
1/2 c. chopped onions	2 Tbsp. mustard
2 Tbsp. ketchup	1/4 tsp. chili powder

Brown ground meat with chopped onions; drain fat. Add remaining ingredients. Simmer 15 minutes on low heat. Serve on buns or as burrito fillings.

## ZUCCHINI-SAUSAGE CASSEROLE (Microwave Recipe)

Ct. #2017

1 lb. bulk sausage (good brand)	Pinch of ground oregano
5 zucchini (medium size), cubed	Pinch of freshly ground pepper
1/2 chopped medium onion	1/2 tsp. salt
2 large tomatoes, chopped	1/2 c. grated cheese (Ched- dar, Colby or your favorite cheese)

In a 2 1/2 quart casserole, spread out the sausage. Bake for 3-5 minutes. Mash into small pieces with fork or potato masher. Cook another 4 minutes. Drain off all the grease. Combine vegetables and spices with cooked sausage. Cover. Cook in microwave 5 minutes. Stir and check onions for tenderness. May need to cook another 2-3 minutes. Add the cheese to the casserole, sprinkling evenly over top. Cover and let stand until melted.

## ZUCCHINI SQUASH CASSEROLE

Magda Miriles

2 slices bacon or Spanish chorizo	1/2 c. melted butter/ margarine
1/2 c. chopped mushrooms	2 medium zucchini, grated
1/4 c. minced onion	1 1/2 c. cracker crumbs
Dash of minced garlic	1 beaten egg

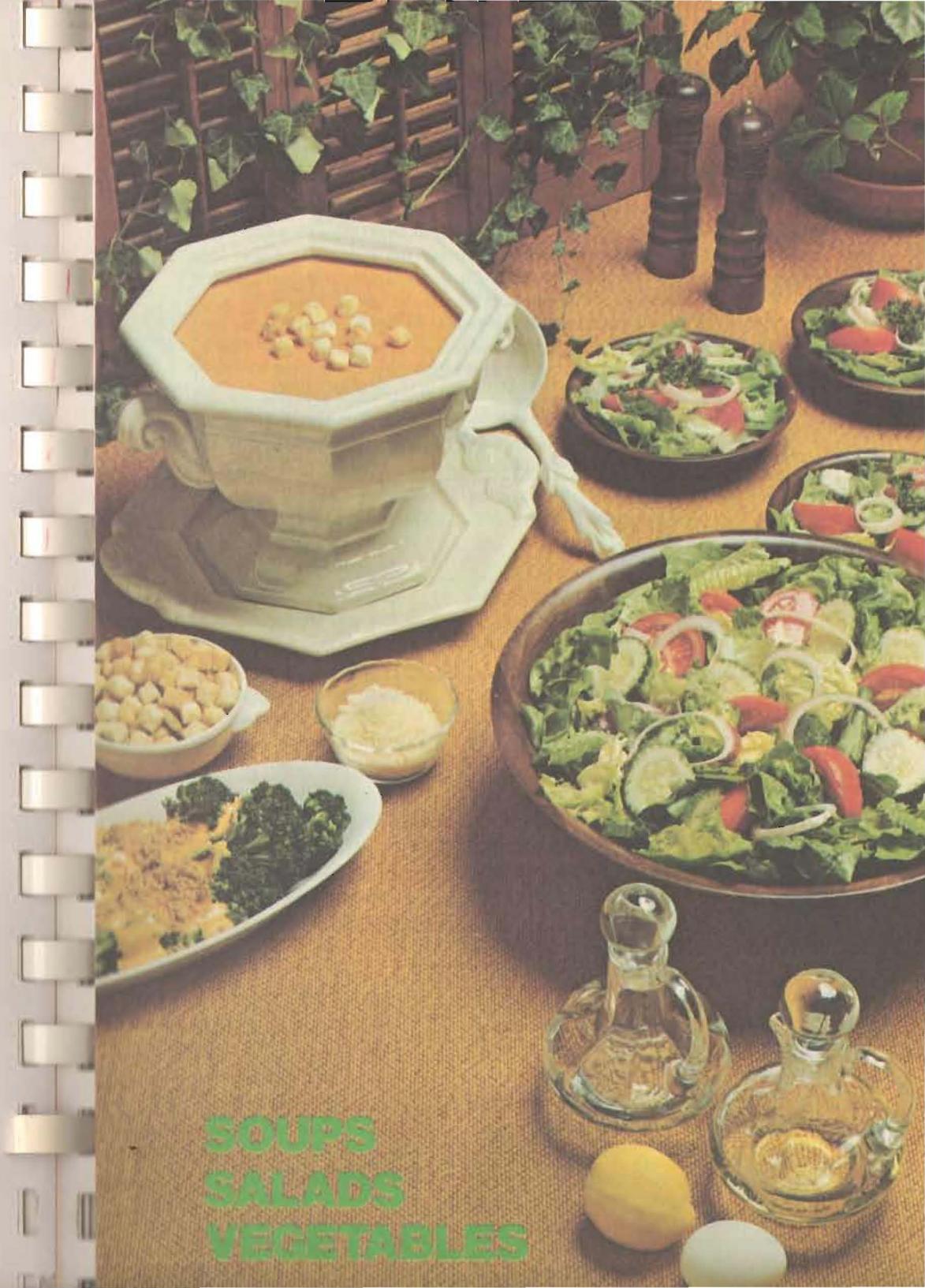
Salt and pepper

1/2 c. shredded cheese

Fry bacon or chorizo until crisp. Drain on paper towel. Crumble bacon or chorizo. Saute mushrooms, onions and garlic until tender. Combine bacon or chorizo, mushrooms, zucchini, crackers, egg, salt and pepper mixture into a greased casserole. Sprinkle grated cheese over the zucchini mixture. Bake at 300° for 10-15 minutes.

\*\* NOTES \*\*





**SOUPS  
SALADS  
VEGETABLES**

## TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water, enough to cover food. Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill, pack.	Cut: 2 minutes in boiling water. Whole: 2 1/2 minutes in boiling water.
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.	Whole: 4 1/2 minutes in boiling water. Sliced: 3 minutes in boiling water.
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears, 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS	Wash, discard bad leaves, Beet, Chard, Kale, tough stems. Blanch, chill, Mustard, Spinach, pack. Collards, etc.	2 minutes in boiling water.
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water.

## SOUPS, SALADS, VEGETABLES

### ACORN SQUASH WITH BLUEBERRIES

Louise Dooley

4 acorn squash  
12 oz. frozen blueberries  
1 apple, finely diced  
6 Tbsp. brown sugar  
8 Tbsp. butter

Cut squash into halves lengthwise; remove seeds. Place in a pan that can be covered. Spoon blueberries into each squash half. Add a few pieces of diced apple. Sprinkle brown sugar over berries and squash. Place 1 teaspoon butter in center of each squash. Pour 1/2 cup water into pan; cover. Bake at 375° for 45 minutes. Remove cover; bake 15 minutes longer. Serves 8.

### ALEMEJAS CON ARROZ

Ma. Socorro Trevizo V.

2 kilogramos de almejas blancas chiquitas  
1 taza de arroz  
2 cucharadas de perejil finamente picado  
3 cucharadas de aceite de olivo  
2 dientes de ajo molidos  
1 cucharadita de cebolla finamente picada  
2 jitomates pelados y finamente picados  
Sal, la necesaria

El arroz ya que se remojo en agua caliente, se lava, se escurre y se frie en el aceite caliente, luego se le agrega la cebolla, el ajo y el perejil, se cubre con agua caliente y apenas suelte el hervor se le agregan las almejas lavadas, se sazona con la - sal y la pimienta y se deja hervir a fuego suave hasta que esten cocidas las almejas y el arroz. Este guisado debe de quedar seco.

### AMALGAMATED SALAD

Corina Walworth

1 bunch broccoli (heads only), chopped coarsely  
1 head cauliflower, chopped coarsely  
1 c. fresh mushrooms  
Cherry tomatoes  
Sliced celery  
Green onions, chopped, including tops  
1/2 green pepper, chopped  
1 (8 oz.) bottle Italian dressing  
1/2 pkg. dry Italian dressing mix  
Pitted black olives

Toss all ingredients together, using amounts of vegetables as desired, according to taste. Refrigerate overnight.

#### APPLE SALAD WITH CIDER

J. Minules  
Court #1581

1 1/2 Tbsp. gelatin	2 Tbsp. lemon juice
2 tsp. sweetener or 16 tablets, crushed	2 medium apples, chopped
2 c. apple cider or juice	1/3 c. cold water 1/2 tsp. salt

Soften gelatin in cold water. Combine sweetener and cider, lemon juice and salt. Heat and add to the softened gelatin, stirring until gelatin dissolves. Cool until mixture begins to thicken. Fold in apples. Chill until set in a 3 cup mold.

#### ASPARAGUS QUICHE

Louise Dooley  
Ct. #2017

1 (9 inch) rich pastry crust	3 eggs
Fresh asparagus	Salt and pepper to taste
Dijon mustard	Grated Parmesan and
1 1/4 c. cream	grated Gruyere cheese

Line a 9 inch quiche pan with rich pastry crust and bake unfilled in a 425° oven for 15 minutes. Remove from oven and brush bottom with Dijon mustard. Return to oven and bake for an additional 2 minutes. Blanch and cool fresh asparagus and arrange in single layer on pastry. Combine cream, eggs, salt and pepper; pour over the asparagus. Thickly cover the top with a mixture of grated Parmesan and Gruyere cheese. Bake in a 350° oven for 30 minutes.

#### AU GRATIN VEGETABLES

Susie Flores  
Ct. #2017

Fresh cauliflower, broccoli and/or Brussels sprouts (1 lb. total)	3 Tbsp. butter or margarine
1/3 c. finely chopped onions	2 Tbsp. all-purpose flour
	1/2 c. finely shredded sharp Cheddar cheese (2 oz.)

Salt and pepper  
1/4 c. grated Parmesan cheese

Hot Hungarian or sweet paprika

Cut cauliflower and broccoli into flowerets; halve large Brussels sprouts. Cook vegetables covered in a small amount of boiling salted water about 5 minutes or till crisp tender. Drain, reserving the cooking liquid; add enough water to reserved liquid to make 1 cup. Keep vegetables warm. In a small saucepan cook onion in the butter or margarine till tender, but not brown. Stir in flour. Add reserved cooking liquid all at once. Cook and stir till thickened and bubbly. Stir in Cheddar cheese; cook 1-2 minutes more or till cheese melts. Season with salt and pepper. Pour some of the cheese sauce into greased 10x6x3 inch baking pan. Top with cooked vegetables. Pour remaining sauce over. Sprinkle with Parmesan cheese and paprika. Broil 4 inches from heat about 5 minutes or till top is lightly browned. Serve at once. Makes 4-6 servings.

#### AVOCADO CUPS

Ms. Leona Devlin  
Court #1422

3 chilled ripe avocados	1 1/2 Tbsp. chile sauce
2 Tbsp. lemon juice	2 Tbsp. wine vinegar
1/4 c. olive oil	1/2 tsp. salt
1/4 tsp. Dijon mustard	1 tsp. Worcestershire sauce
Few drops Tabasco sauce	

Cut the avocados into halves lengthwise. Discard the seeds and scoop out the pulp. Save the shells. Dice the pulp and toss with the lemon juice. Beat together oil, mustard, chile sauce, vinegar, salt, Tabasco sauce and Worcestershire sauce. (Toss with the pieces of avocado.) Serve heaped in the shells. Serves 6.

#### BAKED BANANAS

Louise Dooley  
Ct. #2017

Bananas  
Butter

Orange marmalade  
Slivered almonds

This baked banana dish depends on the amount you wish. Peel and slice banana in two lengthwise. Place halves

in well buttered baking dish, flat side up. Coat top of bananas with orange marmalade. Sprinkle with slivered almonds and bake in a 350°-375° oven for 10-12 minutes, until bubbly. Serve at once.

#### BAKED CHICKEN SALAD

Lucia Flynn  
Ct. #1581

2 large chicken breasts, cooked and cut fine, or 3 c. turkey or other chicken	2 Tbsp. chopped onion
1 can cream of chicken soup	3 chopped hard boiled eggs
1 c. chopped celery	1/2 c. chopped walnuts
	1/4 c. chopped green pepper
	1/2 tsp. salt
	3/4 c. salad dressing

Mix and pack into greased baking dish. Top with buttered crumbs or potato chips. Bake for 20 minutes at 450°.

#### BAKED CHILI AND CHEESE

CDA

1 can whole green chilies	1/2 lb. grated sharp cheese
5 eggs, beaten	

In square pan spread chilies. Sprinkle cheese over them. Pour eggs on top. Bake for 30-35 minutes at 350°. Test for doneness like custard.

#### BAKED GRITS

Opal Lucia  
Ct. #1731

1 c. grits	1 stick margarine
3 eggs, beaten until foamy	1 tsp. paprika
1 tsp. salt	1 can green chilies, chopped, drained and seeded
1 c. grated Cheddar cheese	

Cook grits in 4 cups boiling water until nearly done. Add salt, butter and cheese. Mix small amount of hot grits with eggs then add to remaining grits. Add chilies and paprika. Grease casserole well. Bake covered about 45 minutes in a moderate oven. Remove lid. Continue baking 20 more minutes.

#### BAKED SQUASH

Opal Lucia  
Ct. #1731

3 c. cooked squash	1/4 c. melted margarine
1/4 c. milk	3 eggs, well beaten
1 tsp. salt	1/8 tsp. pepper
1/4 c. buttered bread crumbs	1 Tbsp. minced onion

Cook squash until tender. Drain and mash with fork. Add remaining ingredients; blend well. Set casserole in pan of hot water and bake at 350° for 45 minutes or until knife comes out clean when inserted.

#### BEET SALAD

Rita Yearwood

1 (8 oz.) can sliced beets	1/2 c. finely sliced celery
2 Tbsp. chopped onion	2 Tbsp. sugar
2 1/2 Tbsp. oil	2 1/2 Tbsp. vinegar
1/8 tsp. salt	Dash of pepper

Drain beets well; set aside. Combine remaining ingredients to make dressing. Add beets to dressing and marinate several hours. Chill and serve.

#### BLACK CHERRY SALAD

Flora Wagner  
Ct. #1422

1 large can pitted black cherries, drained	1 can pineapple tidbits, drained
1 pkg. black cherry jello	1/4 lb. walnut meats
2 c. liquid	1/4 lb. lemon or orange peel

#### Sauce:

1 egg, slightly beaten	1 lemon (juice and grated rind)
1 c. sugar	

Heat liquid (water or fruit juice); add to jello and dissolve. Add fruit, peel and nuts. Put in icebox and set. Cook all the ingredients for sauce, stirring constantly, until egg is cooked thoroughly. Cool (very cold). Add 1/2 pint whipping cream. Serve on lettuce.

**BLUEBERRY SALAD**

3 pkg. blackberry jello  
1 (#303) can blueberries

Mrs. Howard Born

1 (#303) can crushed pineapple  
2 pkg. Dream Whip

Dissolve jello in 3 cups boiling water. Drain fruit. Add 3 cups juice to jello. Take out 1 cup jello and let gel separately. Stir fruit into remaining jello when it has begun to set. Prepare Dream Whip and blend in the 1 cup jello. Spread on top of jello which has been set solid. Keep chilled until ready to serve. Use a 9x13 inch pan.

**BRANDIED CARROTS**Polly Fogel  
Ct. #2017

2 bunches carrots, scraped and thinly sliced  
1/2 c. butter, melted

1 tsp. sugar  
1/2 tsp. salt  
1/4 c. brandy

Parboil carrots for 10 minutes or until slightly tender. Place in large casserole in a thin layer. Combine melted butter, sugar, salt and brandy. Pour over carrots. Cover casserole and bake for 30 minutes in a 325° oven. Serves 8.

**CABBAGE SALAD**Lucia Flynn  
#1581

4 c. shredded cabbage  
1/4 c. chopped salted peanuts

1 c. grated pineapple  
1 c. mayonnaise

Combine all ingredients and mix with mayonnaise. Chill until ready to serve.

**CABBAGE SALAD**

Dottie Hann

1 (3 oz.) pkg. lime jello  
1 c. marshmallows, cut fine  
1 c. boiling water  
1/2 c. mayonnaise

1 (#2) can crushed pineapple and juice (1 c. each)  
1/2 c. chopped nuts  
1 c. cream, whipped  
1 c. finely chopped cabbage

Stir jello, water and marshmallows until marshmallows

are melted. Add pineapple and juice. When thickened, fold in mayonnaise, nuts, whipped cream and cabbage. Chill.

**CABBAGE SALAD**

Peggy Casteel

1 large head cabbage  
1 onion

1 green pepper  
2 carrots

## Dressing:

1 tsp. celery seed  
1 c. sugar  
1 tsp. salt

3/4 c. oil  
1 c. vinegar

Chop or grate very fine the cabbage, onion, green pepper and carrots. Put all into a bowl and set aside. Put all the ingredients for the dressing into a kettle and bring to a boil and pour over salad. Let stand until cool. Put in refrigerator and stir often. Better after one day.

**CACTUS SALAD (Ensalad de Nopales)**Bertha Fernandez  
Court #1581

2 lb. Nopales (cactus)  
Dash of salt and pepper  
Cilantro (small bunch)  
2 Tbsp. vinegar

3 Tbsp. olive oil  
1/2 medium onion, chopped  
1 chopped tomato (medium size)  
Jalapeno, sliced (optional)

Peel and slice into strips the nopales and cook for about 15 minutes. Remove from heat and rinse in clear water. Add salt and pepper, vinegar and remaining ingredients. Serve!

**CALABACITAS TIERNAS (Pastel)**Carmen Grajeda.  
Cd. Juarez, Mx.

6 calabacitas tiernas cortadas en rueditas delgaditas.  
6 huevos frescos.  
6 cucharda de harina de trigo.

5 cucharadas rasas de azucar granulada  
150 gramos de mantequilla.  
2 cucharaditas de Royal.  
Un poquito de sal.

Las calabazas se ponen a cocer en agua hirviendo con sal; ya que estan cocidas se escurren, se dejan enfriar y se rebanan en rueditas delgadas. Las claras se baten a punto de turron, en seguida se les agregan las yemas, luego la harina cernida con el Royal, despues la mantequilla derretida, el azucar y la sal.

En un molde de loza refractaria engrasado con mantequilla se pone una capa de calabacitas y encima una capa de mezcla de huevo, despues calabazas, y asi sucesivamente, se termina con mezcla de huevo y encima se ponen tracitos de mantequilla.

Se mete a horno caliente (350) unos 20 o 25 minutos. Debe quedar ligeramente dorado.

Se sirve muy caliente del mismo molde.

#### CALABACITAS A LA MEXICANA

Carmen Grajeda  
Cd. Juarez, Chih.

1/2 Kilogramo de calabacitas tiernas	100 gramos de queso que haga hebras
4 elotes desgranados	2 cucharadas de aceite de olivo
2 chiles poblanos cortados en rajas	O grasa de cerdo.
3 jitomates pelados y picados	Una ramita de perejil.
	Un pedazo de cebolla.
	Un diente de ajo.
	Sal, la necessaria.

En una cacerole se pican las calabacitas en cuadritos, se agregan los elotes desgranados, el perejil, las rajas, la cebolla el ajo, el jitomate y la grasa; se sazona con la sal, tapandose a fuego suave. Se dejan hervir hasta que esten cocidas y ya casi para retirarse del fuego se les anade el queso para que se derrita.

#### CHAYOTE EN SALSA VERDE

Ma. Socorro V. de Trevizo  
Cd. Juarez Chih., Mx.

3 chayotes cocidos y cortados en cuartos.	3/4 de taza de salsa blanca
1 chile poblana sin piel ni semillas.	1 trozo de cebolla
	1 rama de cilantro
2 dientes de ajo.	1 cucharada de mantequilla
	Sal y pimienta.

Muela en la licuadora el poblano con la salsa blanca, el ajo y la cebolla. Pongala al fuego y agregue la mantequilla. Cuando hierva, anada el chayote, sal, pimienta y el cilantro.- Cocinela diez minutos ( 4 porciones)

#### CHEESE AND GREEN VEGETABLES

Marie Manrique

1 pkg. each broccoli, cauliflower and asparagus	Dry onion
1 can mushrooms	1 (8 oz.) jar jalapeno Cheez Whiz
	Salt and pepper to taste

Cook vegetables until just tender. Add mushrooms and Cheez Whiz. Sprinkle dry onion and salt and pepper to taste. Put in oven until it is warm.

#### CHEESE AND ONIONS

Louise Dooley  
Ct. #2017

2 large onions	4 oz. grated cheese
2 Tbsp. butter	Freshly ground black pepper

Slice onions into a shallow pan. Add butter and enough water to keep them from burning. Cook until transparent over a low fire. In a large baking dish arrange the onions and cheese in layers, finishing with a layer of cheese. Bake in a moderate oven for about 1/2 hour or until cheese and onions have melted and top is slightly brown. Serve at once.

#### CHICHARRON EN CHILE VERDE

Profra. Vicente Benavente  
Cd. Juarez, Chih., Mx.

1/4 kilo de chicharron (cueritos)	1/2 kilo de tomates verdes (tomatillo)
3 o 4 chiles verdes serranos.	1 pedazo de cebolla
1 diente de ajo	2 cucharadas de grasa para freir.
Un ramo bastante grande de cilantro.	Sal la necesaria.

Los tamates se pelan y se ponen a hervir en una poquita

de agua con los chiles, despues de 10 minutos de cocimiento se dejan enfriar y se muelen con el ajo, la cebolla y el cilantro. Se les pone el agua en que se cocieron. Se pone al fuego una cacerola con la grasa y cuando este caliente se frie la salsa agregando los pedazos de chicharrones y dejando hervir unos 10 minutos. Si esto se pone espeso, se puede agregar un poquito mas de agua. Debe tomarse en cuenta que el chicharon se esponja y absorbe la salsa.

#### CHICKEN PINEAPPLE SALAD

Martha Castillo

- |                                     |                          |
|-------------------------------------|--------------------------|
| 1 chopped up, cooked chicken, boned | Toasted slivered almonds |
| 1 pineapple, chopped                | 1/2 c. salad dressing    |
|                                     | 1/2 c. sour cream        |

Mix the pineapple, chicken and almonds. Combine salad dressing and sour cream and pour over the chicken-pineapple mixture. May be served on a bed of lettuce or may be served in the pineapple half shell. Scrumptious!

#### CHILES ANCHOS RELLENOS

Teresa B. Vda. de Santillan  
Cd. Juarez, Mx.

- |                         |                            |
|-------------------------|----------------------------|
| Chiles anchos 8         | Crema 1/4 de litro         |
| Queso panela 200 gramos | Aceite el necesario y sal. |
| Aguacate 1 grande       |                            |

Los chiles se lavan, se desvenan y se remojan un rato en agua fria; se secan bien y se les hace una ranura en medio; se frien en aceite bien caliente, hasta que se sientan suavecitos sacan dolos y escurriendolos bien. Se llenan con rebanadas de queso y se colocan en un platon, cubriendolos con la crema sazonada con un poco de sal y pimienta, se adornan con rebandas de aguacate.

#### CHILES RELLENOS

Bertha Aguilera  
Cd. Juarez, Chih., Mx.

- |                         |                                  |
|-------------------------|----------------------------------|
| 1 1/2 Kilo de tomate    | 2 cebollas                       |
| 12 chiles poblanos      | 1 kilo de picadillo ya preparado |
| 3 huevos                | 1 taza de queso desmenuzado      |
| 3 cucharadas de manteca |                                  |

Se asan los chiles, se sudan, se desvenan, se lavan y luego se llenan con el picadillo. Se revuelcan en harina se capean con huevo y se frien las rebanadas de cebolla; cuando se ponen transparentes se agrega el tomate molido y colado, dejando que sazone a fuego lento, anadiendo un puñito de sal. Se colocan los chiles en un platon refractario se banan con la salsa de tomate que se preparo antes, se espolvorean con el queso y se meten al horno a calor moderado.

#### CHILES RELLENOS

Mrs. Delgado  
Ct. #1581

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 6 large green chiles                | 1 pinch of sugar (to taste)   |
| 1/2 lb. cheese, cut into 6 slices   | 1 tsp. salt                   |
| 1 small can tomato sauce            | 3 small pieces stick cinnamon |
| 1/2 medium size onion, chopped fine | 1 clove garlic, chopped fine  |

Toast chiles in oven. Remove skin and seeds. Stuff with sliced cheese. Fold in flour. Cover in well beaten eggs and fry in hot fat. Serves 3.

Can be served in tomato sauce, if desired. Fry onion. Add tomato sauce, salt to taste, sugar, cinnamon sticks and water. Boil; mix in prepared chiles and serve.

#### CHILES RELLENOS II

Mrs. M. Castillo

- |                       |                   |
|-----------------------|-------------------|
| 1 lb. beef            | 2 c. sugar        |
| 1 lb. pork            | 1 tsp. nutmeg     |
| 1 lb. dry green chile | 1 tsp. cinnamon   |
| 1 c. raisins          | 1 tsp. cloves     |
| 1 c. nuts             | 3 eggs, separated |

Boil beef and pork together until very tender. While meat is cooking, soak green chile in cold water until tender. Remove seeds from chile and drain. After meat is well cooked, cool and grind it with chile, raisins and nuts. Add sugar and spices; mix well. Shape into meat balls or egg shape. Roll in flour. Dip in egg. (Beat 3 egg whites until stiff, then add the yolks.) Dip each meat well into batter and fry in hot lard or shortening (375°) till golden brown. Serve with Simple Lemon Sauce.

## CLAM CHOWDER

Polly Fogel  
Ct. #2017

1/2 c. chopped celery	2 c. light cream
6 c. potatoes, diced	1 1/2 c. chopped green onion
2 bay leaves	1 tsp. salt
3 (6 oz.) cans minced clams	4 c. water
3 Tbsp. butter	4 c. milk

Place first 6 ingredients in large pan and simmer until potatoes are tender. In a small skillet lightly brown butter and flour and add to first mixture. Scald milk and cream and add to mixture.

## COLIFLOR EN SALSA DE TOMATE

Marina Orozco T.  
Cd. Juarez Chih., Mx.

1 Coliflor	1 Cucharadita de sal
1/2 Kg de tomate	1 Cucharadita de harina
1/2 Cebolla	1/2 Cucharadita de azucar
3 Ajos	

Se pone a cocer la coliflor con una pizca de sal, los tomates se pelan y se licuan con todos los demás ingredientes y se guisan con tantito aceite, luego se sirve sobre la coliflor cocida.-

## COKE SALAD

Cecilia S. Baeza  
#2017

3 regular size Cokes	2 pkg. cherry jello
1 env. unflavored gelatin	1/2 c. cold water
1 c. black Bing cherries	1 small can crushed pineapple
1 c. diced apples	1 c. diced celery
1 c. chopped pecans	

Bring Cokes to a boil and stir into jello until dissolved. Cool mixture. Soften gelatin in cold water and add to Cokes and jello. Fold in fruit, nuts and celery. Pour into mold and place in refrigerator until jelled. Serve on lettuce leaves and top with mayonnaise.

## COMPANY PEAS

Lucia Flynn  
Ct. #1581

4 slices bacon	1 Tbsp. chopped onion
2 1/2 c. peas	1 c. light cream
1 c. mushrooms	Salt and pepper to taste

Fry bacon until crisp. Add the onion and peas over this sprinkle 1 tablespoon flour and add the cream. Saute the mushrooms in 2 tablespoons butter. Add salt and pepper to taste. Mix with peas. Let stand several hours. Just warm and serve.

## CORN SALAD

Virginia McCabe

1 can whole kernel corn, drained	1/4 c. chopped onion
1/2 c. Cheddar cheese, shredded	1/4 c. cucumber, shredded
1/4 c. green bell peppers, shredded	1/4 c. sweet relish
	1/2 c. Thousand Island dressing

Combine all ingredients. Chill several hours. Serve on lettuce leaves.

## COTTAGE CHEESE SALAD

Rosa Pastrana

CDA Ct. Isabel C. de Talmas

16 oz. cottage cheese (4% low fat)	1 small env. pineapple jello (do not mix with water)
1 large size Cool Whip or similar brand	1 c. pineapple jelly or preserves
1 c. walnuts, chopped	

Mix all ingredients together in a bowl. Refrigerate about 1 hour or more before serving.

Variations: Can substitute strawberry jelly or preserves and use strawberry jello; blueberry, etc.

## CRANBERRY RELISH MOLD

Ms. Peggy Casteel

1 (15 oz.) can crushed pineapple	2 c. fresh ground cranberries
1 pkg. cherry jello	1 small unpeeled orange
1/2 c. sugar	1 c. chopped celery
1 Tbsp. lemon juice	1/2 c. chopped nuts

Drain pineapple; reserve 1/4 cup syrup. Add 1/4 cup water to make 1/2 cup. Dissolve jello and sugar in 1 cup hot water. Add syrup and lemon juice. Chill until partially set. Add fruit (add grated peel of orange), cube orange, celery, nuts. Chill in a 5 cup mold overnight. Serves 8.

## CREAMY CORN

Mildred Celum

1 (3 oz.) pkg. softened cream cheese	1 can whole kernel corn (2 c.)
1 Tbsp. butter	1/4 c. milk Dash of onion salt

In saucepan combine cream cheese, milk, butter and salt. Stir over low heat until cheese melts, then add corn and heat thoroughly. Garnish with parsley or paprika.

## CREOLE SAUCE

Opal Lucia  
Ct. #1731

3 Tbsp. oil	2 c. tomatoes
2 Tbsp. chopped onion	1 c. water
3 Tbsp. green pepper	1/2 tsp. salt
3 Tbsp. chopped celery	1/8 tsp. pepper
1/4 c. sliced mushrooms	1/2 tsp. basil

Cook onions, pepper, celery and mushrooms in oil over low heat about 5 minutes. Add all other ingredients and simmer until sauce is thick (about 30 minutes).

## CURRIED RICE SHRIMP SALAD

Sue Hartman

1 (12 oz.) pkg. frozen shrimp or fresh	2 c. chopped celery
1 medium onion, chopped	1 c. uncooked rice
2 Tbsp. vegetable oil	3/4 c. mayonnaise
2 tsp. curry powder	3 Tbsp. lemon juice
1 tsp. salt	2 Tbsp. water

Cook shrimp according to package directions. Cool and split lengthwise or chop. Saute onion, but do not brown. Stir in curry and salt; heat, stirring. Cook rice according to package directions. Turn rice into large bowl to cool. Mix mayonnaise and lemon juice and 2 tablespoons water. Stir into rice, celery and shrimp. Sprinkle with paprika. Chill well. This is best made one day ahead.

## DILL GREEN BEANS

Rita Yearwood  
Ct. #2017

2 c. green beans	1 c. water (use liquid)
2 Tbsp. butter	2 Tbsp. flour
1 1/2 tsp. dill seed	1/2 tsp. instant minced onion
1/2 tsp. salt	1/2 tsp. vinegar

Drain liquid from 2 cups green beans; add water to make 1 cup. In saucepan melt butter and blend in flour. Stir in bean liquid. Heat and stir until sauce thickens. Add the dill, instant minced onion, vinegar and salt, also, green beans. Heat till warm over medium flame or in oven.

## EGGNOG HOLIDAY RING

Catherine Castillo  
Ct. #2017

3 c. eggnog	1/4 c. cold water
1 (#2 1/2) can fruit cocktail	1 c. whipping cream
2 env. plain gelatin	1 1/2 tsp. vanilla

Have eggnog at room temperature. Drain fruit cocktail. Arrange fruit on bottom of 9 inch ring mold. Soften gelatin in cold water; dissolve in double boiler. Stir into eggnog and chill until partially set. Whip cream; add vanilla to cream and fold into eggnog mixture. Spoon into ring mold and chill 4 hours or overnight.

## EGGPLANT TIMBALES

1 eggplant, pared and cut into 1/4 inch slices  
 1/4 c. butter  
 1/2 c. soft, stale bread crumbs  
 2 eggs, well beaten

Clarence Otto

Few drops of onion juice  
 1/2 tsp. salt  
 1/8 tsp. pepper  
 Canned pimientos  
 Buttered bread crumbs  
 Parsley

Cook eggplant in boiling salted water until soft. Drain thoroughly. Mash and add butter, crumbs, egg, onion juice, salt and pepper. Line small buttered molds with pimientos. Fill with mixture. Sprinkle with buttered crumbs and bake 15 minutes in a moderately hot oven (375° F.). Remove from molds and garnish with parsley. Eggplant mixture may be baked in baking dish, omitting pimientos. Serves 6.

## EJOTES TIERNOS EN ENSALADA

350 Gramos de ejotes  
 1 Cebolla chica  
 2 Huevos cocidos

Rita H. Cisneros  
 Cd. Juarez, Mx.

1 Aguacate  
 Aceite, vinagre, sal y pimienta al gusto.

Los ejotes se cocen practicamente al vapor, y ya cocidos se pican en forma de rombitos, se sazonan con aceite, vinagre, sal y pimienta; se acomodan en una ensaladadera, se cubren con los huevos cocidos finamente picados y se adorna el platon con ruedas de cebolla y tiritas de aguacate.

## ELBO-RONI SALAD

1/2 lb. elbo-roni  
 1/2 c. celery, chopped fine  
 1 c. mayonnaise  
 1 tsp. black pepper

Mrs. Delgado  
 #1581

6 eggs (hard boiled)  
 1/2 c. dill pickles, chopped fine  
 1 tsp. salt

Cook elbo-roni in salted water. Remove from fire and strain; let cool. Add eggs, chopped fine, pickles, onion, celery and mix with mayonnaise. Serves 6.

## ENCHILADAS AL ESTILO GUADALAJARA

Carmen Grajeda  
 Cd. Juarez, Chih., Mx.

Se pone a cocer medio kilogramo de carne de puerco; cuando esta cocida, se deshebra.

A parte se muelen un kilogramo de tomates cocidos con tres dientes de ajo y una cebolla, se frien y se agrega jocoque (crema agria). Los taquitos se llenan con la carne, se frien y se banan con la salsa muy caliente, cubriendose con queso fresco desmenuzado.

Si se desea que resulten picantes, se muelen con el tomate unos chilitos.

## ENCHILADAS DE FRIJOL

Rita H. Cisneros  
 Cd. Juarez, Chih., Mx.

1/2 Kilogramo de frijol bayo, o negro  
 1 Pedazo de cebolla  
 1 Taza de queso fresco, desmoronado.

1/4 de Litro de crema espesa.  
 1 Cucharada de cebolla finamente picada  
 Grasa para freir, la necesaria.  
 Sal, la necesaria.

Los frijoles ya limpios se ponen a remojar desde la víspera. Al dia siguiente se ponen a cocer en el agua en que se remojaron con un pedazo de cebolla, la sal y un chorrito de aceite o manteca de cerdo y se les va agregando el agua que sea necesaria para su cocimiento, pero esta siempre debera ser caliente. Ya que estan cocidos se les quita la cebolla y se muelen en la licuadora, colandose yriendose en grasa caliente; debe de quedar una salsa bastante espesa.

Las tortillas se pasan por la grasa caliente y luego se remojan en la salsa de frijol, se sacan y se acomodian en un platon, doblandolas a la mitad, se cubren con un poco mas de salsa y se espolvorean con el queso y despues se cubren con la crema. Se sirven muy calientes.

## ENCHILADAS DE NATA

20 tortilla chiquitas  
1 taza de nata de leche.  
3 chiles anchos.  
200 gramos de carne de cerdo cocida y deshebrada.  
12 rebanitos.

Se lava el chile ancho y se desflema, cambiandole tres veces el agua luego se muele junto con las natas, ajo, cebolla y sal.

En esta salsa se va metiendo las tortillas y se vanriendo. Cuando estan medio doraditas se les pone a unas carne de puerco deshebrada y a otras la papa picada. Se doblan en forma, de pañuelo y se colocan en un platon, adornandolas con hojita de lechuga y rabanitos.

## ENCHILADAS DE MOLE

18 Tortillas chicas  
3 Chiles anchos, desvenados  
1 Chile mulato, desvenado  
1 Chile pasilla, desvenado  
1 Cucharada de ajonjoli tostado  
1 Clavo y  
2 Pimientas gordas  
1 Rajita de canela  
1 Cebolla finamente picada  
1 Pedacito de pan frito en manteca cerdo

Los chiles se desvenan, se lavan y se remojan un rato en agua caliente. El ajonjoli se tuesta, se frien el pan y la tortilla y el chocolate se desmorona; luego se muelen todos los ingredientes menos las tortillas, la carne y la cebolla picada y el queso. Ya todo bien molido se frie en bastante manteca de cerdo y ya que esta muy refrito se le agrega el caldo de la carne y se deja hervir un ratito, sazonandolo con la sal. Ya que espeso, se banan las tortillas previamente pasadas por la grasa caliente, se llenan con

Carmen Grajeda  
Cd. Juarez, Chih., Mx.

1 lechuga.  
150 gramos de manteca.  
1 cebollita.  
2 dientes de ajo.  
Unas cuantas papas cocidas y picadas.

la carne y se acomodan en un platon, espolvoreandose con el queso y la cebolla. Si es necesario se cubren con una poca mas de salsa para que queden muy cubiertas.

Se sirven acompanadas de frijoles refritos.

## ENCHILADA DE TOMATE

Rita H. Cisneros  
Cd. Juarez, Chih., Mx.

12 Tortillas chicas  
1 Taza de pechuga de pollo  
1 Taza de queso fresco, desmoronado o anejo.  
1 Pedazo de cebolla  
1 Ramita de cilantro

6 Tomates grandes, asados.  
2 Chiles verdes o mas si se desea mas picante.  
1 Diente de ajo.  
Grasa para frier, la necesaria

Los tomates una vez asados se muelen con la cebolla, los chiles, el ajo y el cilantro.

Una vez todo molido se cuela si se desea y se frie en la grasa caliente; se sazona con la sal y se deja hervir unos minutos. Debe quedar una salsita espesa.

Las tortillas se pasan por la manteca caliente y luego se banan en la salsa que debera estar hirviendo, sacandose de una en una y rellenandose con un poquito de pollo. Se acomodian en un platon y se espolvorean con el queso.

## ENCHILADAS VERDES

Teresa B. Vda. de Santillan  
Cd. Juarez, Chih., Mx.

Tortillas chicas 20  
Chiles poblanos 4  
Queso fresco 150 gramos  
Cebolla 1

Cacahuates 100 gramos  
Bolillo una mitad  
Leche 1/4 de litro  
Aceite el necesario.

Las tortillitas se frien ligeramente en el aceite, y se banan con la salsa que se prepara de la siguiente manera; los chiles poblanos asados pelados y desvenados, se muelen con la cebolla y se --- frien en aceite caliente, enseguida se le agregan los cacahuates--molidos con el bolillo remojado en la leche y la leche restante,--se sazona con sal y pimienta. A las tortillas se les pone queso--rallado y se doblan en cuatro acomodandolas en un platon y cubriendolas con lo que quedo de salsa y queso.

## ENCHILADAS VERDES

200 gramos de manteca  
150 gramos de queso fresco  
125 gramos de cacahuates  
100 gramos de manteca

Bertha Aguilera.  
Cd. Juarez, Chih., Mx.

Se asan los chiles, se pelan y se muelen juntos con la cebolla. Se frie ligeramente los cacahuates y se muelen con el pan remojado en la leche. Se calienta la manteca (poca) y se frie el chile; cuando haya espesado, se agrega el cacahuate molido, sazonando con sal y pimienta. En el resto de la manteca se frie ligeramente las tortillas, se banan con la salsa, se les pone un poco de queso rallado, se doblan y se acomodan en un platon, se cubren con un poco de salsa y se les espolvorean quesos encima. Se sirven bien calientes.

## ENSALADA CESAR

Antonieta M. De Esquinca  
Cd. Juarez, Mx.

Para 6 personas. Pongo en una ensaladera: 6 rebanadas de tocino ya frito y picado, dos copitas de aceite, dos cucharadas soperas de mostaza, el jugo de dos limones, dos huevos tibios de un minuto una pizca de pimienta y jugo maggi; mezcle bien estos ingredientes y vaya remojando en este aderezo los doce pedazos de pan ya fritos y frotados con ajo y luego las hojas de una lechuga orejona. Finalmente espolvoree la ensalada con 100 gramos de queso parmesano. Se sirve enseguida.

## ENSALADA DE AGUACATE Y TOCINO Oliva A. Santoyo

3 aguacates pelados,  
cortados a la mitad  
y sin hueso  
12 rebanadas de tocino frito  
y desmenuzado  
1/2 taza de requeson

Se colocan las mitades de aguacates sobre hojas de lechuga romana sazonada con limon, pimienta y sal.

Se mezcla el requeson con el tocino, y con eso se rellenan los aguacates, se les pone encima una cucharadita de mayonesa y una tirita de chile morron.

## ENSALADA DE EJOTES Y JAMON

1 lata de ejotes  
100 gramos de jamon en trozo  
3 cucharadas de crema

Oliva A. Santoyo  
Cd. Juarez, Mx.

1/2 cucharadita de mostaza en polvo  
2 cucharadas de jugo de los ejotes  
2 cucharadas de cebolla picada muy finito

Se corta el jamon en trocitos y se mezcla con los ejotes y la cebolla. Aparte se mezcla el polvo de mostaza con la crema y jugo de los ejotes y se envuelven en esta mezcla, se sazonan con sal, se sirve muy fria, sobre una hoja de lechuga.

## ENSALADA DE ESPINACAS

Edwigis Rey de Quesada.  
Cd. Juarez, Mx.

280 g. (10 onzas) de espinacas.  
1 calabacin amarillo.  
(cortado en pecaditos)  
1 cucharadita de mostaza.

1/3 taza de aceite de oliva.  
3 cucharadas de jugo de limon.  
1 cucharadita de azucar  
1/2 cucharadita de sal.

Una el aceite con el jugo de limon, el azucar, la mostaza y la sal en una taza. En una ensaladera, ponga la espinaca, cortada en pequeos pedazos. A nado los pedacitos de calabacin amarillo. Vierta por encima el aderezo.

## ENSALADA DE FRUTAS

Papaya 1 kilo  
Sandia 1 kilo  
Fresas 1/2 kilo  
Melon 1/2 kilo  
Manzanas grandes 2  
Pera mantequilla 2

Platanos 3  
Mangos 3  
Azucar al gusto  
Crema dulce o agria  
1 taza.

Se pelan y rebanan las frutas, se colocan en un platon separadamente y se espolvorean con azucar, la crema se bate o acrema sobre hielo se coloca en una duya haciendo division entre una y otra fruta y decorando. si no se sirve luego se refrigerara.

## ENSALADA DE LECHUGA "CESAR"

Edwigis Rey de Quesada.  
Cd. Juarez, Mx.

- 2 lechugas romanas (de repollo)
- 4 cucharadas de queso parmesano rallado
- 2 huevos cocidos por un minuto.
- Pimienta.
- Sal

- 1 Taza de "croutones"  
(dados de pan tostado)
- 6 anchoas
- 1 taza de aceite mezclado con 3 cucharadas de vinagre y el Jugo de un limon.
- 1 cucharada salsa inglesa (Worcestershire)

Lavar bien la lechuga, y con las manos romper las hogas. Arregle la lechuga en una ensaladera honda, coloque todos los ingredientes restantes y mezclelos bien a la lechuga sin maltratarla. Por ultimo, adorne con los "croutones".

## ENSALADA DE LECHUGA Y AGUACATE

Rita H. Cisneros  
Cd. Juarez, Mx.

- 1 Lechugas chicas
- 4 Cucharadas de aceite de oliva
- 1 Cucharada de mostaza

- 4 Aguacates grandes
- 2 Cucharadas de vinagre
- Sal y pimienta blanca al gusto.

Se toman las dos lechugas, que seran muy tiernas; se les quitan las hojas muy ajadas, procurando utilizar lo mas posible las de color verde oscuro, pues contienen mayor cantidad de vitaminas; se lavan muy bien y se parten entrozos; los aguacates se pelan y muelen, revolviendolos despues con el aceite y el vinagre; se sazona todo con sumo cuidado y se sirve en platitos individuales.

## ENSALADA DE MACAROON

Sra. J. F. Delgado  
#1581

- 1/2 lb. macaroon
- 1/2 taza de apio bien ricado
- 1/2 taza de pepinos agrios, bien picados

- 1 taza mayonesa
- Sal y pimienta
- 6 huevos cocidos

Se cose el macaroon en agua con sal. Se cuela y se deja enfriar. Se agregan los nuevos bien ficadoa. Los pepinos, cebolla, apio y se mezola con la mayonesa.

## ENSALADA OF PAPA

Sra. J. F. Belgado  
#1581

- 6 papas grandes
- 2 pepinos airios, picados
- 6 huevos cocidos bien picadoa

- 1 taza mayonesa
- 1 cebolla mediaiana bien picadas
- 1 taza de spio bien picado
- Sal y pimienta

Se cosen las papas en acua con sal. Se retiran de la lumbre y se dejan enfriar. Se agregan los demas ingredientes y se mezclan bien. Sirve 8.

## ENSALADA DE PINA

Antonieta M. De Esquinca  
Cd. Juarez, Mx.

- Repollo blanco y morado
- Pina de bote en cuadritos
- Cottage chese

- Nuez
- Pasas sin semilla
- Marshmelon chicos

Se rebana el repollo muy finamente y se agregan sucesivamente el cottage chese, la nuez y pasa y los bombones. Es ensalada propia para acompanar el jamon al horno.

## ENSALADA DE PINA Y COTTAGE

Rosa Pastrana.

- 1 Bote Cottage Cheese
- 1 Paquete de gelatina sabor pina

- 1 Bote de pina picada
- 1 Bote de Cool Whip

Se mezcla bien la gelatina con el cottage cheese se le agrega la pina y se sigue mezclando se le agrega el Cool Whip. Cuando todo este bien mezclado se pone en el refrigerador despues de 20 mins. estara listo.

### ENSALADA DE POLLO Y ARROZ

Ma. Socorro V. de Trevizo  
Cd. Juarez, Mx.

1 taza de arroz cocido  
1 taza de pollo cocido  
y picado  
1/2 taza de apio picado

3 cucharadas de mayonesa.  
3 chiles cuaresmenos  
encurtidos, picados.  
1 cucharada de vinagre  
Sal.

Mezcle todo y sirvalo como relleno de jitomates pelados  
y ahuecados o en hojas de lechuga...

### ENSALADA FINA

Virginia G. de Benavente  
Cd. Juarez, Mx.

3 chiles poblanos asados,  
pelados y cortados en  
cuadritos mediano.  
2 pechugas de pollo cocidas  
y cortadas encuadrado  
smedianos.  
Sal y pimiento la necesaria.

1 taza de chicharos finitos  
cocidos.  
1/2 taza de crema fresca.  
1 taza de mayonesa.  
1 cucharadita de mostaza.  
1 cucharadita de estragon  
finamente picados.

Se mezclan todos los ingredientes menos el estragon  
y se sazonan con la sal y pimienta.

Se vacian en una ensaladera y espolvorean con el  
estragon.

### ENSALADA MEXICANA

Gloria Bertha Benavente G.  
Cd. Juarez, Mx.

3 aguacates pelados y  
finamente picados.  
2 cucharadas de cebolla  
finamente picada.  
2 cucharadas de cilantro  
finamente picado.

2 chiles verdes serranos  
finamente picados.  
Aceite de olivo el necesario.  
Unas gotas de limon.  
Sal, la necesaria.

Los aguacates se pelan y se pican muy finitos se  
rocian con el limon para que no se pongan negros; luego se  
revuelven con el resto de los ingredientes y se sirven.

### ENSALAD MIXTA

1/2 Taza de nuez de  
Catilla, picada  
1 Papa cocida, grande  
1 Pepino, regular  
2 Lechugas romanas

Unos granos... Granada  
Vinagre al gusto.  
1 Betabel cocido  
Aceite, sal y pimienta  
negra al gusto.

El pepino se pela y se pica en pedacitos, asi como la  
papa y el betabel; en un recipiente se sazona lo anterior  
con la nuez, la granada, el aceite, vinagre, pimienta y sal,  
y se mete al refrigerador. Las lechugas se limpian de las  
hojas marchitas, hasta dejar solamente las buenas; se  
ponen dos hojas juntas y encima la mezcla anterior. Pueden  
presentarse a la mesa en un platon todas juntas o bien el  
platitos individuales.

### FRENCH RICE

1 cube margarine  
1/4 c. chopped green  
pepper  
1/2 c. chopped onion

1 c. uncooked rice  
1 can chicken broth (or  
beef)  
1 c. water  
1 tsp. salt

Saute the first 3 ingredients then add the uncooked  
rice and rest of the ingredients. Put in baking dish and  
bake for 1 hour at 350°. When about half done, stir in  
1/2 cup almonds.

### FRIED BANANAS

2 bananas, sliced  
lengthwise  
1/2 c. corn flakes

Catherine B. Castillo  
Ct. #2017

3-5 Tbsp. unsalted butter  
Sugar, lemon juice, rum

Slice peeled bananas lengthwise. Sprinkle with corn  
flakes and fry until golden brown in butter. Add dashes  
of sugar, lemon juice and rum. Serves 2.

Rita H. Cisneros  
Cd. Juarez, Mx.

## FRIED OKRA

1 qt. okra	2 c. milk
2 c. corn meal	2 tsp. pepper
2 c. salad oil	2 tsp. salt

Wash and slice okra 1/4-1/2 inch thick. Place okra in a deep bowl and cover with milk. Let stand 30 minutes; drain. Pour corn meal and pepper in a bag. Add okra and shake until thoroughly coated. Heat salad oil to 380° in a large frying pan. Add to make a single layer. Turn only once during frying; do not stir. Remove okra when light brown. Place on paper towels to drain. Sprinkle with salt. Place okra in a 13 x 9 1/2 x 2 inch baking dish and bake at 200° for 30 minutes. Yield: 6-8 servings.

## FROSTED SALAD

1 (6 oz.) pkg. lemon jello	1 container Cool Whip
1 (8 oz.) pkg. miniature marshmallows	1 c. salad dressing
1 (9 oz.) jar red cherries, chopped	2 (#2) cans fruit cocktail
	1 1/2 c. hot water

Dissolve lemon jello in hot water. Add 1 cup juice drained from fruit cocktail. Add 10 ice cubes and stir until ice is completely dissolved. Set in large bowl. Stir cream cheese and salad dressing; add jello and whip. Add the Cool Whip and mix thoroughly. Add fruit cocktail, chopped cherries and fruit cocktail and marshmallows. Mix and pour into a large square pan. Refrigerate. Cut into squares and serve. Serves 40.

## FRUIT SALAD

2 eggs	1/2 pt. cream, whipped
4 Tbsp. sugar	Grapes, seeded and halved
1/2 tsp. prepared mustard	Crushed pineapple, drained
4 Tbsp. vinegar	Tiny marshmallows
1/2 tsp. salt	Sliced bananas
Pinch of cayenne pepper	Chopped pecans, if desired

Beat eggs; blend in sugar, mustard, vinegar, salt

Lily Martin  
#1731

and cayenne pepper. Cook in double boiler until it thickens. Cool. Fold in whipped cream, grapes, pineapple, marshmallows, bananas and nuts.

## FRUITED CHEESE SALAD

1 qt. Cool Whip, thawed	1 (11 oz.) can Mandarin oranges, drained
2 (3 oz.) pkg. orange or pineapple/orange jello	3 c. cream style cottage cheese
1 (15 1/4 oz.) can pineapple tidbits, drained	

Blend Cool Whip and cheese. Stir in dry gelatin. Fold in fruit. Press into mold. Chill.

Mary M. Wailes

## GRILLED EGGPLANT

2 large eggplants, unpeeled, sliced 1/2 inch thick	Barbecue sauce
--	----------------

Dip slices of eggplant in barbecue sauce and grill on each side about 2 minutes. Serves 6-8.

Variation: Use tomato sauce and sprinkle with oregano and Parmesan cheese.

Louise Dooley  
Ct. #2017

## GRITS AND CHEESE

1 c. quick grits	1 stick butter or margarine
4 c. boiling water	10 oz. favorite cheese, cut small
1 tsp. salt	

Stir grits into salted boiling water in heavy saucepan. Bring to a boil. Reduce heat; cook 2-5 minutes. Stir in butter and cheese. (6 servings)

K. Nelson  
Ct. #2017

## HAWAIIAN RICE WITH PINEAPPLE TIDBITS

Louise Dooley  
Ct. #2017

- |  |  |
|--|--|
| 1 1/2 lb. lean pork,<br>cut into bite size | 1 (6 oz.) pkg. curried rice<br>(or 1 c. regular rice and<br>flavor with curry) |
| 3 Tbsp. soy sauce                          | 3/4 c. green pepper, cut<br>into 3/4 inch cubes                                |
| 1/2 c. pineapple juice                     | 1 Tbsp. flour or cornstarch  |
| 1 Tbsp. vinegar                            | 1 1/2 Tbsp. water  |
| 3/4 tsp. salt                              | 1 (13 1/2 oz.) can pineapple<br>tidbits  |
| 1/2 tsp. pepper                            |  |
| 1/4 tsp. powdered ginger                   |  |

Combine meat, soy sauce and pineapple juice, vinegar, salt, pepper and ginger in saucepan. Cook over low heat, covered, for 1 hour or until pork is done. Meanwhile, cook the rice. When meat is tender, add the green pepper and cook 7 minutes. Mix flour or cornstarch with water and add to meat mixture, stirring until thickened. Stir in the can of pineapple tidbits and cooked rice. Serves 8-10.

## HOLIDAY AVOCADO SALAD

Susie Flores  
Ct. #2017

- |   |   |
|---|---|
| 1 (6 oz.) pkg. lime<br>flavored gelatin | 2 medium avocados, peeled,<br>seeded and chopped (2 c.) |
| 2 1/2 c. boiling water                  | 1 c. chopped celery                                     |
| 2 Tbsp. lemon juice                     | 1/4 c. finely chopped green<br>pepper                   |
| 2 tsp. onion juice                      | 1/2 c. whipping cream                                   |
| 1 c. mayonnaise or salad<br>dressing    | Lettuce leaves  |

In a large bowl dissolve gelatin in boiling water. Stir in lemon and onion juices. Beat in mayonnaise or salad dressing with rotary beater till smooth. Chill till partially set (consistency of unbeaten egg whites). Fold in avocados, celery and green pepper. Whip cream; fold into gelatin mixture. Turn mixture into a 9x9x2 inch pan. Chill till firm. Cut into squares and serve on lettuce lined plates. Garnish with additional avocado slices and cherry tomato halves, if desired. Makes 10-12 servings.

## JALAPENO SPINACH

- |                                  |                             |
|----------------------------------|-----------------------------|
| 2 pkg. frozen chopped<br>spinach |                             |
| 4 Tbsp. oleo                     | 1/2 c. evaporated milk      |
| 2 Tbsp. flour                    | 1/2 c. vegetable liquor     |
| 2 Tbsp. chopped onion            | 1/2 tsp. each salt, pepper  |
| 6 oz. roll Jalapeno<br>cheese    | 3/4 tsp. garlic salt        |
|                                  | 1 tsp. Worcestershire sauce |

Cook spinach and drain, saving liquid. Make sauce of flour, oleo and liquids. Add seasonings and cut up cheese. Stir until melted. Combine with spinach. Bake for 20-30 minutes at 350°. Flavor improves after standing.

## LENTIL DRY SOUP

Mrs. Delgado  
Ct. #1581

- |                          |                 |
|--------------------------|-----------------|
| 1 lb. lentils            | 3 c. water      |
| 1/2 medium onion         | 2 cloves garlic |
| 1/2 c. tomato sauce      | 1/4 c. oil      |
| Salt and pepper to taste |                 |

Wash lentils. Cook in tightly covered pot. Add salt. Fry garlic, onion and tomato sauce and the lentils. Simmer about 10 minutes and serve.

## LENTIL SOUP

Polly Fogel  
Ct. #2017

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 (16 oz.) pkg. lentils         | 1 bay leaf               |
| 10 c. water                     | 1 1/2 c. chopped carrots |
| 1 meaty ham bone<br>(1 1/2 lb.) | 1 c. celery              |
| 1 c. chopped onion              | 1/4 c. parsley           |
| 1/4 tsp. dried marjoram         | 1 tsp. salt              |
|                                 | 1/8 tsp. pepper          |

Place first 8 ingredients in large pot. Cover and simmer 1 1/2 hours. Cut meat off bone and dice. Return to soup with remaining ingredients. Cover and simmer 40 minutes.

Mary M. Wailes

## MEXICAN HOMINY

1 large can hominy  
1 onion, chopped fine  
3 Tbsp. taco sauce

Place hominy with water, tomato sauce, taco sauce and onion in saucepan over low flame and cook until onions are tender. Place in layers with Fritos and cheese - cheese on top. Bake for 30 minutes at 350°.

## MERRY KABOB SALAD

1 large head lettuce  
Cherry tomatoes  
Radishes

Cut lettuce in half. Cut each half into 4 vertical slices. For each serving, arrange cucumber slices, cherry tomatoes, carrot coins and radishes on skewer and insert into lettuce slice. Serve with Italian, Blue cheese or French dressing.

## MOTHER-IN-LAW SALAD

1 head lettuce  
1/2 c. diced celery  
1/2 c. chopped red onion  
1/4 c. diced green pepper  
1 pkg. frozen peas

Break up lettuce into bottom of sealable container. Add celery, onions, peppers and frozen peas. Spread mayonnaise over top to form seal. Sprinkle sugar and top with bacon and cheese. Store overnight to bring out flavor.

## Mildred Celum

3 Tbsp. tomato sauce  
1 pkg. Fritos  
Grated cheese to cover top and use to layer

Lucia Flynn  
#1581

Cucumber slices  
Carrot coins

Marie Manrique  
Ct. #2017

2 c. mayonnaise  
2 Tbsp. sugar  
8 strips bacon, crumbled  
1 c. shredded Cheddar cheese

## MOUSSE DE JAMON

2 Paquetes de gelatina sin sabor  
1/2 Kilo de jamon  
1/2 Taza de apio  
1 Taza de mayonesa  
1/2 Litro de crema

Se pica el jamon, apio y cebolla muy menuditos se agrega la mayonesa y la crema sazonandola, y el jugo del limon enseguida se le agrega la gelatina dsuelta en 2 tazas de agua hirviendo y se pone en un molde de rosca al refrigerador, ya que esta bien cuajada se desmolda y se adorna con ruedas de pepino.

## MUSHROOM-CRESS SALAD

1/3 c. oil  
2 Tbsp. tarragon, white wine or vinegar  
1/4 tsp. salt

Louise Dooley  
Ct. #2017

Fresh ground pepper to taste  
8 c. watercress leaves (4 bunches)  
1/4 lb. mushrooms, sliced thin

In salad bowl mix oil, vinegar, salt and pepper. Add watercress and mushrooms; toss lightly to coat. If desired, stand mushroom slices on end around rim of bowl to create scalloped garnish. Serve at once. Makes 4 servings.

## NORWEGIAN FRUIT SOUP

1 c. seedless raisins  
1/2 c. currants  
2 qt. water

Margaret A. Ness

1 c. white raisins  
3 sticks cinnamon

Boil all together until fruit is soft. Add 1/2 cup sugar and 1 large or 2 small apples, peeled and diced. Simmer a few minutes. Add 1 tablespoon Minute Tapioca. Add juice of 1 lemon or other tart fruit juice. Serve with coffee cream and Rye-Krisp.

Adela G. de Villalobos.-  
Cd. Juarez, Chih., Mx.

**OLIVE SPREAD**

6 oz. cream cheese  
1/2 c. chopped pecans  
Dash of pepper

Mix cheese with fork. Add mayonnaise and chopped pecans, olive juice and pepper. Place in jar and refrigerate.

**ONION RINGS**

1 c. flour  
2 large onions

Mix flour with as much beer to make medium thick batter. Fry in hot oil. Drain on paper towels.

**PARTY TIME SALAD**

1 (#2) can crushed pineapple  
1 large pkg. cream cheese  
1 c. diced celery  
1 pkg. lime or lemon jello

Heat pineapple juice to boiling. Add jello. Let stand until it starts to jell. Add cheese, which has been whipped with pimento and celery. Add nuts; fold in whipped cream. Pour into mold.

**PINEAPPLE-COTTAGE CHEESE SALAD**

1 can crushed pineapple  
Juice of small can of pineapple  
1 (3 oz.) pkg. lime jello  
1 c. whipped cream

**Jovita Islas**

1/2 c. mayonnaise  
2 Tbsp. olive juice

Flora Wagner  
Mother Cabrini Court

Hot oil to deep fry  
Beer to thicken

Lucia Flynn  
Ct. #1581

1 small jar pimento,  
chopped  
1 c. walnuts, chopped  
1 pkg. Dream Whip, whipped

Opal Lucia  
Ct. #1731

1/2 c. chopped nuts, if  
desired  
1 c. miniature marshmallows  
1 (12 oz.) carton cream  
style cottage cheese

Bring to a boil juice of pineapple, 1/2 cup water and add to jello. Stir over low heat until dissolved. Add marshmallows and dissolve. Let cool. Add cottage cheese, drained pineapple, whipped cream and nuts. Pour into lightly oiled baking dish or mold and chill until firm.

**PISTACHIO SALAD**

Marie Manrique  
Ct. #2017

1 (20 oz.) can crushed  
pineapple  
1 (3 3/4 oz.) pkg. instant  
pistachio pudding

1 c. chopped pecans  
1 (9 oz.) carton prepared  
whipped topping  
1 c. small marshmallows

Combine pineapple with juice and pudding until well mixed. Fold remaining ingredients. Place in refrigerator and let cool.

**POTATOES A 'LA FIFE**

Dottie Hann

6 medium potatoes  
2 Tbsp. salad oil  
1/4 c. butter  
1 c. chopped onion  
2 cloves garlic, crushed

1/2 c. sour cream  
1 tsp. salt  
1/4 tsp. pepper  
2 Tbsp. chopped parsley

Wash potatoes; dry well. Prick with a fork. Rub skins with 2 tablespoons salad oil. Bake at 400° until done (about 1 hour). In medium skillet melt 1/4 cup butter. Sauté 1 cup chopped onions and 2 cloves garlic, crushed, until tender (about 10 minutes). Set aside. When potatoes are done, slice off the top third lengthwise. Scoop out shells. Mash insides until smooth. Add onion mixture; don't drain. Mix in 1/2 cup sour cream, 1 teaspoon salt and 1/4 teaspoon pepper; beat well. Spoon filling back into potato skins. Swirl top. Return to oven for 10 minutes. Before serving, sprinkle with 2 tablespoons parsley. Serves 6. (This may be done in the morning and then reheated about 30 minutes when using for evening dinner.)

POTATO BALLS

Oil for frying  
1 lb. can tiny whole potatoes  
1 egg, beaten

Heat oil 2 inches deep in small pan to 365° F. Drain potatoes on paper towels. Combine egg, salt and pepper. Place potatoes on skewers. Dip into egg mixture and then into crumbs. Fry 3 minutes or until golden brown. Drain on paper towels.

POTATO SALAD

6 large potatoes  
2 dill pickles, diced  
6 eggs, hard boiled, and chopped  
1 c. mayonnaise

Cook potatoes in salted water. Remove from fire and let cool. Remove skin and dice. Add the rest of the ingredients to the potatoes and mix well.

POTATO SALAD

12 potatoes, peeled and cubed

Dressing:

1 1/2 c. mayonnaise  
2 tsp. onion salt  
1 Tbsp. celery seed

Boil eggs and potatoes together and drain. Put eggs in cold water to cool. Sprinkle 3 tablespoons salad vinegar over potatoes and chill. Peel and chop eggs.

Dressing: Combine and add to potatoes and eggs.

Connie Braden  
Ct. #1731

3/4 tsp. salt  
Pepper  
Cracker or corn flake crumbs

Mrs. Delgado

1 medium size onion  
1 c. chopped celery  
Salt  
Pepper

Reina Martin

10 eggs

QUESO DE COLIFLOR

1 Cabeza coliflor, bien formada.  
5 papas.  
25 gramos de harina.  
1 ramita de perejil.  
Pimienta y sal al gusto.

Edwigis Rey de Quesada.  
Cd. Juarez, Chih., Mx.  
5 zanahorias.  
75 gramos de mantequilla o margarina  
1/2 taza de leche  
200 gramos de queso rayado

Los vegetales cortense en pedazos y ponganse cocer hasta que esten suaves.- Derritase la mantequilla en la sarten, y revuelvase en la harina, agregandose la leche gradualmente, conservese en un calor moderado hasta que espese. Espolvoreese la mitad del queso rayado y sazonese al gusto. Puestos los vegetales en una salsera, se banana con la salsa y se les espolvorea el resto del queso rayado, encima. Se mete al horno a que dore ligeramente y se adorna con perejil. Si se quiere un poco picante, se le agrega mostaza en la salsa antes de servirla.-

RAINBOW FRUIT PLATTER

2 c. frozen grapefruit sections, defrosted  
1/4 lb. grapes  
2 red apples, cut into thin wedges

K. Castillo  
#2017

2 c. (8 oz.) frozen orange juice  
2 bananas, sliced lengthwise

Arrange fruit on serving dish. Spoon undiluted orange juice concentrate over fruit. Other canned frozen or fresh fruit in season may be used. Yield: 8 servings.

RASPBERRY JELLO SALAD

2 pkg. frozen red raspberries

Topping:

1 (3 oz.) pkg. cream cheese

Lucia Flynn  
#1581

2 pkg. raspberry jello  
1 large can Bartlett pears

1 pt. sour cream  
3 c. miniature marshmallows  
3 tsp. sugar

Drain juice from pears and add water to make 3 cups liquid. Heat and add to jello. Add frozen berries at once. Stir. Let stand until it starts to jell. Cut pears into small pieces and add to jello. Let stand until firm.

Topping: Mix cream cheese, sour cream and sugar together; fold in marshmallows. Spread over firm jello. Sprinkle finely chopped nuts over top.

#### RED BEAN SOUP

Rita Yearwood  
Ct. #2017

1 lb. red beans	1 tsp. salt
1/2 lb. ham or pork	8 c. water
1 bouquet thyme, parsley, celery	1 medium onion
1 firm, ripe plantain	1/2 c. canned tomatoes
	Sugar to taste

#### Dumplings:

1 c. flour	1/2 c. corn meal
1/2 c. water	Dash of pepper
1 tsp. sugar	1 Tbsp. shortening

Wash beans; soak overnight. Boil for 2 hours in water in which beans are soaked. Add all ingredients except plantain, which is added only after beans are soft. Dumplings may be added.

Dumplings: Combine all ingredients into a stiff dough. Knead slightly. Cut into shapes. Drop into soup. Dough may be made soft and dropped from a spoon.

#### RED CABBAGE

Connie Braden  
Ct. #1731

2 Tbsp. salad oil or bacon drippings	1/4 c. water
4 c. shredded red cabbage (1 medium size head)	1 tsp. salt and pepper
1/4 c. brown sugar	1/2 tsp. caraway seed
1/4 c. vinegar	Unpared apple rings for garnish
	Optional: Add 2 medium sized apples, cubed, unpared

Heat oil in skillet; add all ingredients. Cover tightly. Cook slowly, stirring occasionally. For crisp

cabbage, cook 25-30 minutes. Garnish with raw unpared apple rings. Serves 4-5.

#### REINA'S EYEOPENER

Reina Martin

Fresh or canned mushrooms	Slice of Velveeta cheese
1 egg	1 English muffin or slice of toast
Salt and pepper	

Slice 1 mushroom and saute in butter. Fry 1 egg "over easy" over the mushroom slices. Season with salt and pepper and melt a slice of Velveeta cheese on top. Serve on English muffin or slice of toast.

#### RICE SALAD

Virginia McCabe

3 c. cooked rice	1/4 c. pimentos
1 tsp. salt	1/4 tsp. pepper
1 c. mayonnaise	1 tsp. mustard
1 tsp. onion, diced	4 hard cooked eggs, diced

Blend ingredients well. Garnish with tomatoes and olives.

#### REFRIED BEANS

Court #1581

1/4-1/2 lb. lard	Water to cover beans while cooking
2 tsp. salt (or to taste)	1/4 lb. yellow cheese
1 lb. pinto beans	

Soak beans overnight. Cook with salt and plenty of water over a medium flame, as they burn easily. Cook 2-3 hours or till tender. In frypan with hot lard put beans with just enough bean soup to moisten while mashing beans to a pulp. Cover with cheese and just let melt.

## REFRITOS

1/2 lb. de manteca	1/4 lb. queso
1 lb. de frijol pinto	Agua
2 cucharaditas de sal	Caldo de frijol

Se remoja el frijol la noche anterior se cocina con la sal y bastante agua sobre una flama mediana (se quema facil) por dos horas. Se machacan con poco caldo de frijol. Se frien hasta que queden crespos en la manteca.

## SEAFOAM SALAD

1 pkg. lime gelatin	1 c. grated Cheddar cheese
1 small can crushed pineapple	3 Tbsp. mayonnaise
	1/2 c. chopped pecans

Prepare gelatin according to package directions. Allow to partially congeal. Whip with rotary beater until puffy. Color will change from deep green to pale green. Fold in pineapple, cheese, mayonnaise and pecans. Pour mixture into gelatin mold. Chill until firmly congealed. Serves 6.

## SCALLOPED POTATOES WITH SOUR CREAM

Catherine Castillo  
Ct. #2017

1 medium chopped onion	1/2 tsp. oregano
1 can drained mushrooms	1/8 tsp. paprika
8 medium potatoes, peeled, boiled, sliced	1/4 tsp. pepper
1 tsp. season salt	1 1/2 pt. sour cream

Preheat oven to 350°. Saute onion and mushrooms in margarine. Place a layer of potatoes, onions and mushrooms, along with seasonings, in 2 quart casserole. Cover with half the sour cream. Repeat, ending with sour cream. Bake for 20 minutes.

## CDA Ct. #1581

## SHOESTRING SALAD

1 can tuna	1 c. grated carrots
1 c. diced celery	1 Tbsp. minced onion
3/4 c. salad dressing	1 can shoestring potatoes

Refrigerate. Before serving add salad dressing and 1 can shoestring potatoes. Add potatoes just before serving.

Ms. Polly Fogel  
Court #2017

## SOPA DE ALMENDRAS

Carmen Grajeda  
Cd. Juarez, Mx.

3 Pechugas de pollo cocidas y molidas	2 Litros de caldo de pollo
200 Gramos de almendras peladas y molidas	4 Yemas de huevo fresco
2 Cucharadas de mantequilla	Unos pedacitos de pan frito en mantequilla

Las pechugas y las almendras se muelen juntas y ahí se agregan las yemas para que todo se incorpore muy bien.

Se mezcla el caldo con las pechugas y las almendras; se pasa por un colador a otro recipiente; ahí se le pone la mantequilla, la sal y la pimienta y se deje hervir a fuego muy suave unos 20 minutos, moviéndolo constantemente para que no se pegue, ni se formen grumos. Ya que espeso un poco se retira del fuego y se sirve acompañado de los panecitos dorados.

## SOPA DE CHICHARRON

Concepcion G. de Baca

1/2 K. Chicharron	1 Consomate
1 Cebolla	1 Ramita de epazote
1 Ajo	6 Chiles chipotles
1/2 Kilo de tamatillo	1/4 de queso

Los chicharrones se ponen enteros primero se frie la cebolla ajo, luego se le agrega la salsa de tomatillo y el chile chipotle que se licuo todo junto, con la cebolla y el ajo se pone al fuego cuando ya esta hirviendo unos 15 mins. se le agregan los chicharrones ya blandos se cortan en pedazos chicos y se le pone queso rayado epazote y el consome 10 mins. mas en la lumbre.

## SOPA DE CODITOS

Edna T. de Orozco  
Cd. Juarez, Mx.

1 Paquete de sopa de coditos  
200 Gms. de queso

La pasta se cuece en agua hirviendo con sal y un chorrito de aceite hasta que los morrones y la crema. Se revuelve esto con la pasta ya escurrido y se vacia en un molde refractario.

Se mete a horno de 350° por 10 mins.-

## SOPA DE FIDEO

Mrs. Delgado  
Ct. #1581

1/2 lb. vermicelli  
2 cloves garlic  
1 can tomato sauce  
1/2 medium size onion  
1 tsp. salt  
Water to cook

Fry vermicelli in hot oil until light golden brown. Add onion, well chopped, and garlic to vermicelli to finish frying. Add tomato sauce and salt and enough water to cook until tender.

## SOPA DE FIDEO

Sra. J. F. Delgado  
Ct. #1581

1/2 libra de fideo  
1/2 cebollita picada  
2 dientes de ajo  
1 cucharadita de sal  
1 bote chico salsa de tomate  
Agua la suficiente  
1/4 de taza de aceite

Se frie el fideo en el aceite caliente hasta que de un color dorado. Se le agrega la cebolla y el ajo y se termina de freir. Se agrega la salsa de tomate la sal y bastante agua para que se cosa. Sirve 6.

## SOPA DE LENTEJAS

Sra. J. F. Delgado  
Ct. #1581

1/2 libra de lentejas  
1/2 cebolla chica, picada  
1/2 copa de salsa de tomate  
Sal y pimienta al gusto

Se laban las lentejas, y se cosinan en un sarten con tapadera a fuego manzo. Se le agrega la sal. Se frie el ajo, la cebolla, y la salsa de tomate y las lentejas juntas. Se cosen por diez minutos mas y se sieve.

## SOPA FRIA DE CODITOS

Edwigis Rey de Quesada.  
Cd. Juarez, Mx.

1 Paquete de pasta de coditos.  
2 manzanas.  
1/8 de litro de crema  
Sal al gusto.

1/2 col chica.  
1/3 de taza de nueces picaditas.  
1/2 frasquito de mayonesa.

Se cogen los coditos en agua con sal, cebolla y un chorrito de aceite. Se refrescan con agua fria y se escurren. La col se pica muy finito y se pone un rato en agua con sal. Despues se escurre. Las se lavan y se pican en trocitos pequenos. - Luego en una fuente de cristal se ponen los coditos, col, manzanas, nueces y a esto se le agregan la crema y la mayonesa, condimentando con sal al gusto.

## SOPA MIXTA

Gloria Bertha Benavente G.  
Cd. Juarez, Mx.

1 lata de sopa de esparragos.-  
2 latas de leche evaporadas.  
1 cucharada de perejil finamente picado.

Sal y pimienta al gusto.  
1 lata de sopa de hongos.  
2 cucharadas de mantequilla.  
Unos pedacitos de pan frito en mantequilla

La mantequilla se pone a derretir en una cacerola y ya que esta deshecha se le vacian las latas de sopa y las leches. Todo se revuelve muy bien y se le anaden dos tazas de agua caliente; se sasona con la sal y la pimienta y se deja hervir

a fuego suave unos diez minutos sin dejar de mover para que no se pegue. Si espesara mas se le anade un poquito mas de agua. o tambien de leche.

Se sirve bien caliente con pedacitos de perejil picado y los pedacitos de pan frito en mantequilla.

#### SOPA VERACRUZANA

1/4 De Kilogramo de spaghetti  
100 Gramos de queso Gruyere rallado  
1 Lata grande de puntas de esparragos

El spaghetti se pone a cocer en agua hirviendo con sal y un pedazo de cebolla, ya que esta cocido se escurre y se refresca con agua fria.

La mantequilla se pone a derretir en una cacerola y ahí se le da una pasada a la pasta; luego se coloca en un molde de loza refractaria, extendido, se sazona con la sal y la pimienta y se cubre con la salsa.

La sopa de esparragos se incorpora con la crema y una lata de agua; se revuelve todo y se calienta. La pasta se espolvorea con el queso y se cubre con la salsa caliente; se adorna con las puntas de esparragos y se pone a calentar a baño de María.

Se sirve muy caliente. La salsa no deberá quedar muy espesa para que cubra muy bien la pasta.

#### SPAGHETTI SALAD

1 pkg. spaghetti  
1 large cucumber, thinly sliced  
12 radishes, thinly sliced

Cook spaghetti; drain and wash in cold water. In large salad bowl mix all ingredients. Top with tomato wedges and croutons before serving. Pour Italian dressing on.

Carmen Grajeda  
Cd. Juarez, Mx.

1 Lata de sopa de esparragos  
1/4 de litro de crema fresca  
3 Cucharadas de mantequilla  
Sal y pimienta, la necesaria.

#### SPICY SPINACH

2 (10 oz.) pkg. frozen chopped spinach, thawed and drained (can use same amount of fresh spinach)  
2 c. cream style cottage cheese  
1/4 c. margarine, softened

1 1/2 c. Monterey Jack cheese with jalapeno peppers, cubed (if this is too hot, use 1/2 of the portion of plain Jack cheese)  
3 eggs, beaten  
1/4 c. flour  
1 tsp. salt

In a large bowl mix all the ingredients thoroughly. Grease crock-pot and pour all ingredients into crock-pot. Cover and cook on high for 1 hour. Turn to low and continue cooking for 4-5 hours.

#### SQUASH DISH

1 lb. squash (summer or zucchini)  
1/2 c. chopped onion  
1/2 c. canned tomatoes

1 c. cooked corn  
1 c. grated cheese  
Salt and pepper to taste

Wash and cut squash into thick slices. Cook with salt and pepper until stiff firm. Heat about 1 tablespoon of oil in frying pan. Cook onions and tomatoes; add to squash with cooked corn and cheese; mix through. Pour into baking dish. Top with more cheese, if desired. Bake in a 375° oven for about 10 minutes.

#### STRING BEANS AND STEWED TOMATO CASSEROLE

M. Netzer  
Ct. #1731

4 slices bacon  
1 can stewed tomatoes  
1/2 onion

1 can whole kernel corn (optional)  
2 cans string beans

Cut up bacon and brown in skillet, together with 1/2 onion. Add 1 can stewed tomatoes and simmer about 15 minutes then add 2 cans string beans that have been drained. Put in dish casserole and bake at 350° for about 20 minutes.

Catherine Castillo  
Ct. #2017

A can of whole kernel corn (drained) can be added, if desired. This makes a small casserole. If larger one is desired, double your portions of ingredients. Be sure and use stewed tomatoes, as these have all the spices already and taste better than regular tomatoes.

#### SWEDISH CABBAGE ROLLS

Margaret A. Ness  
Ct. Mother Cabrini

1 lb. hamburger	1 tsp. salt
1/2 c. chopped onion	Dash of pepper
3/4 c. milk	1 small can tomato sauce
1 egg	1 can water
1/2 c. raw rice	Cabbage leaves

Cook rice until tender. Steam cabbage leaves until soft. Mix rice, onion, hamburger, salt, pepper, milk and egg. Put spoonful in cabbage leaf; fasten with toothpick. Mix tomato sauce, water and brown sugar. Pour over stuffed leaves. Bake at 350° for 1 1/4 hours.

#### SUPERB AMBROSIA SALAD

1/2 c. mayonnaise	1 can shredded coconut
1 (8 oz.) container vanilla yogurt	1 can pineapple
1 (30 oz.) can fruit cocktail, drained	1/2 c. raisins

In large bowl fold mayonnaise into yogurt. Fold in remaining ingredients. Cover. Chill at least 2 hours.

#### SWEET CHILE RELLENOS

Ms. Modesta Padilla

1 egg	1 c. raisins, chopped
1/4 c. milk	1 1/2 tsp. allspice
2 lb. beef or pork, boiled, shredded	1 tsp. salt
1 1/2 c. brown sugar	1 c. chopped green chile
	1 c. flour
	Cooking oil

In small bowl beat egg with milk. In a separate bowl combine meat, sugar, raisins, allspice, salt and chile; stir

in 2 tablespoons of the egg-milk mixture. With hands lightly coated with flour shape meat mixture into ovals the size of small eggs. Dip ovals into flour and then in remaining egg batter. In hot oil (420°) fry ovals until golden. Drain on absorbent towels. Yields 24. Serve with a Caramel Syrup.

Variation: Dip ovals into batter of 4 eggs, 1 teaspoon salt and 1 teaspoon flour, stiffly beaten, before frying.

Variation: Add 1/2 cup roasted pinion nuts to meat mixture. Add 1 teaspoon ground cinnamon and 1 teaspoon ground nutmeg for a spicier taste.

#### Caramel Syrup:

3/4 c. water	1 tsp. vanilla extract
2 c. water	1 tsp. cinnamon

In saucepan heat sugar slowly until brown. Add remaining ingredients and bring to a boil. Serve hot over Sweet Chile Rellenos.

#### SWEET POTATO SOUFFLE

Gerry Sand

1 can sweet potatoes	1/3 c. brown sugar
1/4 c. sweet potato syrup	1/4 c. milk or cream
2 eggs	Cinnamon to taste or pumpkin pie spice

Whip potatoes and add syrup, a little at a time. Add brown sugar, eggs, milk and whip until light and fluffy. Bake at 350° for 35 minutes.

#### TANGY SUMMER SALAD

Lucia Flynn  
#1581

2 pkg. lime or lemon jello	2 Tbsp. vinegar
3 1/4 c. hot water	1 tsp. salt
2 tsp. grated onion	Dash of pepper
1/2 c. cucumber	1 c. cottage cheese
1/4 c. diced carrots	1/4 c. celery
1/4 c. green pepper	1/4 c. cucumber

Dissolve jello in water. Add vinegar, onion, salt and pepper. Pour 1 cup into loaf pan and arrange 1/2 cup thinly sliced cucumber in mixture in pan. Chill until firm. Chill

remaining jello mixture until thickened. Add 1 cup creamed cottage cheese, 1/2 cup each diced carrots, celery, green pepper and cucumber. Add to firm jello. Chill. Slice and serve.

#### TASTY TURNIPS

Polly Fogel  
Ct. #2017

4 medium turnips	1 1/2 tsp. sugar
Sugar, salt, pepper to taste	1/2 stick butter
	1 1/2 tsp. salt

Peel and dice turnips. Boil with sugar, salt and pepper until tender. Rinse and set aside in colander to drain thoroughly. Melt butter; add to turnips and mash. Season to taste with more sugar, salt and pepper. Serves 4-6.

#### TOPPING FOR BAKED POTATOES

Mildred Celum

1 c. sharp grated cheese	4 Tbsp. butter
1/2 c. sour cream	2 Tbsp. green onions

Whip cheese and butter until fluffy. Add sour cream and onions. Top baked potatoes.

#### TORTAS DE COLIFLOR Y ELOTE

Ma. Socorro Trevizo V.  
Cd. Juarez Chih., Mx.

1 taza de elote Jimade (asado sobre comal)	1 huevo
1 taza de trocitos de coliflor (use tambien pedacitos de tallo.)	3 cucharadas de harina
	1 chile serrano picado
	Aceite para freir
	Sal y pimienta.

Muela en la licuadora el elote y la coliflor. Agregue el huevo, una cucharada de harina, el chile, sal y pimienta. Bata bien la mezcla. Forme las tortilla (tortitas). Espolvoree harina por ambos lados y frialas a fuego lento para que se doren parejito.- (4 porciones)

#### YUMMY CHILI WITH EGG

Lucia Flynn  
Ct. #1581

2 large cans green chilies (juice, too), cut into small pieces	12-16 oz. Jack cheese (or your choice)
	4-6 eggs, beaten with a little milk (as for scrambling)

In loaf pan alternate chilies, cheese (about 2 layers each). Pour eggs over this. Bake for about 45 minutes at 350°.

#### ZUCCHINI WITH CHEESE

Mrs. Delgado  
Court #1581

3 medium size zucchini	1 can whole kernel corn
1 c. milk	1/2 medium size onion, chopped
2 c. canned tomatoes, chopped	1/4 lb. sliced cheese
1 clove garlic, chopped fine	1 tsp. salt

Scrub zucchini and remove ends. Chop into small pieces. Cook in salted water. Add all other ingredients and cook until tender. Yields 6 servings.

#### ZUCCHINI FRENCH FRIES

Court #2017

3 large zucchini, washed, peeled, cut into 3 x 1/2 x 1/2 inch strips	All-purpose flour
	Salt to taste
	Salad oil
	Catsup (optional)

Coat all sides of squash strips with flour; fry until lightly browned in 1 inch oil heated to 375°. Drain. Sprinkle with salt. Serve with catsup, if desired. Yield: 4-6 servings.

## ZUCCHINI PUREE

Louise Dooley  
Ct. #2017

Zucchini squash  
Butter  
Nutmeg

Pepper  
Rosemary (optional)

This puree is to be made in the amount you wish. Cook zucchini just a few minutes. Drain and puree in food processor. Combine with 2 or 3 tablespoons butter, a few gratings of nutmeg, salt and pepper. Heat and serve or, instead of nutmeg, use a little rosemary, chopped very fine.

### \*\* NOTES \*\*





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